



COMMUNITY

Pet of the week

Page 3



CLASSROOM

Ready to launch

Page 3



SPORTS

Palmer girls win opener

Page 7

SERVING PALMER, MONSON, BRIMFIELD, HOLLAND & WALES

The Journal Register

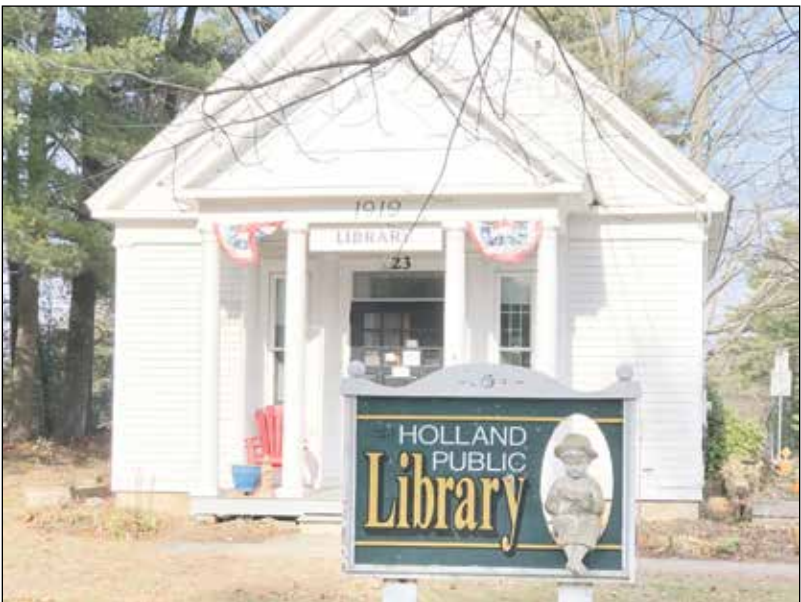
A TURLEY PUBLICATION | www.turley.com

February 11, 2021 | Vol. CLXX, No. 3 | \$1.00

www.journalregister.turley.com

COMMUNITY

Day tripping in Western Mass.: A winter day during the pandemic



The Holland Library is working hard to offer patrons books and other media via curbside pickup and a variety of programs presented virtually.



Unless I get some snow shoes, this trail will have to wait until the weather warms up before I explore it.

By Michael Harrison
mharrison@turley.com

REGION — Well, it's going on seven months since I landed in Western Mass. and five as editor of the Register and the Journal Register. Typically, I'd know the area from Holland to Ludlow (with Wales, Brimfield, Monson and Palmer in between) like the back of my hand by now. For reasons that need no explanation (just a single word — COVID), it's taking me a little longer to "learn the territory," as our friends in the sales world have put it for centuries.

Full disclosure: I quarantine as much as possible. Until it's safe, I

TRIPPING | page 6



A butterfly garden at the Holland Community Center will be nice to visit in spring! The center also has a walking track, a giant outdoor chessboard and set, offers programs and curbside meals for seniors, and more.



Hitchcock Academy is a lovely place I'll view from afar for now, though I do plan to check out some of their many programs and activities as soon as possible.

HOMICIDE INVESTIGATED



Turley Publications staff photo by Jonah Snowden
A police vehicle outside a Fox Street home where a suspected homicide occurred Monday morning.

1 found dead, 2 injured after incident at Fox St. home

By Michael Harrison
mharrison@turley.com

PALMER — Authorities on Wednesday were still investigating what they are calling a homicide that occurred at a Fox Street home Monday morning.

One person was found dead inside the home. Two others were transported to Baystate hospitals in Palmer and Springfield. Their conditions have not been disclosed.

Palmer Police Chief Christopher Burns, citing "an active investigation," said most details of the case are being withheld by authorities. Burns declined to disclose the identity of the person who was found dead or the names the people transported to the hospitals.

Asked about the nature of the

wounds to the person who died in the apparent attack, Burns said "We can't go there because we're prohibited by statute from going into that."

In addition to the Palmer Police Department, the Hampden District Attorney's Office Murder Unit and the Massachusetts State Police Detective Unit are involved in the investigation.

According to a statement from the Hampden District Attorney's Office released Tuesday, at 8:08 a.m. Monday, "uniformed members of the Palmer Police Department responded to Fox Street after receiving a 9-1-1 call reporting an incident that has left two people injured and one deceased. Responding officers

HOMICIDE | page 5

EDUCATION

GVS student's Reflections poem advances to state level

MONSON — A poem by Granite Valley School fifth-grader Madigan Graves-Harrison was selected as the first-place winner in the Monson PTSA Reflections Arts Competition.

Reflections is an annual National Arts Competition designed to provide opportunities for recognition and access to the arts which boost student confidence and success in the arts and in life. Student winners from the local level have the opportunity to move up through their district, region, council and state PTA programs to the national level.

National Reflections winners are announced in May and celebrated annually through prizes and exhibition in a traveling exhibit for the next year.

The theme for the 2020-'21 program is "I Matter Because..."

Students submitted works of art in one or all of the available arts categories: Dance Choreography, Film Production, Literature, Music Composition, Photography, Visual Arts.

With her poem, "Black Lives Matter," Madigan will be moving on to the state level of the competition. In her artist statement submitted with her work, Madigan wrote, "My poem is based on my personal experiences and how it relates to the current events and history of our society. I matter because I should not be judged by the color of my skin but by who I am."

Her poem appears below:

BLACK LIVES MATTER

Because I should not be viewed as less.
Looks of judgement pass my way daily.

Again I ask myself "Why?!"
Choices need to be made.
Know I am here. I am BLACK.
I am STRONG. I am BEAUTIFUL.
Love keeps me going. The love from my family.
I'll show the world that Black Girl Magic.
Vote for freedom and equality.
Every judgmental look that passes my way,
Spreads fear into me. "What if?"
I cry.
More people of color bond together.
Acceptance of my blackness.
Too many have died...
Time to stand up for our rights.
Empower other's to use their voice because
Right now is the time!

— Madigan Graves-Harrison



Courtesy photo
Madigan Graves-Harrison holds up her first-place award in the 2020-'21 Reflections Arts Competition. Her poem advanced to the state level of the national program.

READING

The Loft offers low-priced books to help fund library programs

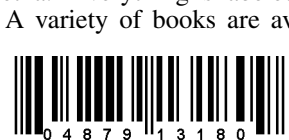
By Jonah Snowden
jsnowden@turley.com

PALMER — Anyone interested in sorting through a wide selection of books at super-low prices are encouraged to visit "The Loft," run by the Friends of the Palmer Public Library President Eleanor Szlachetka in the Schoolhouse Commons Business Center at 1085 Park Street.

Proceeds help the library meet its annual operating expenses.

Szlachetka said The Loft, which has been in business for 22 years in April, was created to substitute for an annual book sale at the Palmer Public Library.

"Patrons can come in and browse at their leisure," said Szlachetka. "Everything is labeled."



Turley Publications staff photos by Jonah Snowden
President of the Friends of the Palmer Public Library, Eleanor Szlachetka.

able, including hardcovers, soft-covers, romance, fiction, cook-books, mysteries and more. Many

titles can be yours for pocket change. Also, since the inside of The Loft is set up like a regular

library, patrons can sit and read when browsing through their books — as long as you wear a mask and socially distance.

"We're just so glad we can be open for our patrons," said Szlachetka. "What profit we make goes back to the library, usually for children's programming."

What Szlachetka said her patrons enjoy about The Loft is it's organized, the books are clean and labeled.

"It makes it easy for people, if they're interested in one specific category," she said.

"They know right where to go. We have lots of good loyal patrons and they appreciate getting a hard-cover for \$1."

Szlachetka also encourages the idea of reading as a healthier alternative to other ways people pass time.

"I'd much rather pick up a

LOFT | page 2

GOVERNMENT

Stars could be aligning for East-West rail project



Courtesy photo
Back in 2008, Harvard grads Pete Buttigieg (left) and Eric Lesser pose for a photo outside then candidate Barack Obama's campaign plane.

By Michael Harrison
mharrison@turley.com

EAST LONGMEADOW — One day, two college buddies caught up while wrangling luggage from a plane in Gary, Ind. Chances are, neither thought the vicissitudes of life would lead one of them to a place on the world's stage before his 40th birthday.

The plane they unloaded carried the belongings of then-presidential candidate and first-term U.S. Senator Barack Obama and his campaign staff. Eric Lesser, a campaign aide who went on to serve in the White House as special assistant to David Axelrod, Obama's chief advisor, had let his good friend "Pete," a native of South Bend, Ind., know he would be in the Hoosier state and maybe they could spend some time together.

Perhaps the two former Harvard students grabbed dinner or a beer later. Friends for life at that point, they still get together when they can. Or, Pete being Pete, he may have used all the free time he had that day helping his old pal unload that plane. Even if that bit of trivia is confined to the dustbin of history, it's wholly inconsequential compared to how their

lives would continue to intersect.

Lesser, a state senator representing the 1st Hampden and Hampshire District — including Ludlow, Wilbraham, Hampden, East Longmeadow, Longmeadow, Granby, Belchertown, and parts of Chicopee and Springfield — is no stranger to Pete's new boss, President Joe Biden.

Pete — Pete Buttigieg, a.k.a. Mayor Pete — started to make his name as the second youngest mayor in South Bend history at age 29 in 2012 and later as a rival to Biden in the 2020 primaries. He now serves in Biden's cabinet as Secretary of Transportation.

For Lesser, who's passionate about the proposed East-West passenger rail line from Boston to Pittsfield with depots in Springfield and Palmer, it might not hurt to have friends in high places.

How they met? Taking a 'brain break'

They spent only one year as schoolmates, though Lesser and Buttigieg probably would have become friends regardless of how they

LESSER | page 5

Monson Savings Bank prepared for 2021 leadership transition

Two longtime Monson locals to lead bank forward

MONSON — Monson Savings Bank's leadership transition plan announced earlier in 2020 has been a success with the bank well-prepared for the transition taking place in February 2021. Daniel Moriarty Sr., the current president and future CEO of Monson Savings Bank, will be carrying on the bank's legacy following the retirement of Steve Lowell, the bank's president and CEO for the last 10 years. Michael Rouette will be leading alongside Moriarty as the executive vice president and chief operating officer.

"Dan is highly qualified for this role. He has an abundance of experience in community banking and has been instrumental in Monson Savings Bank's success over the last 22 years. He is a true local to area and has a unique understanding of the market we serve," said Lowell. "He knows and cares about these communities and is passionate about continuing to provide them with the best community banking service and support. We look forward to his leadership and the new successes he will help bring the bank."

As of October 2020, Moriarty Sr. was named president of Monson Savings Bank. He will assume his role of president and CEO of Monson Savings Bank following Lowell's retirement effective Feb. 14.

Moriarty has been with Monson Savings for 22 years. He joined the bank in 1998 as an accounting manager, working his way up, and most recently Moriarty served as the bank's senior vice president and chief financial officer since 2011. "Humbled and honored," are the words Moriarty used to describe the trust placed in him as the next leader.

As a lifelong resident of Monson, Moriarty's in-depth understanding of the bank's local neighborhoods give him a unique insight into what a community bank means to the area. That along with his experience, knowledge and dedication to community banking made him an optimal successor to fill the role of president and CEO.

An alumni of Monson High School, he then graduated with honors from both

Providence College and the National School of Banking at Fairfield University. He is heavily involved in the local community through outreach efforts including his roles as East of the River Chamber Board of Director, Baystate Health Eastern Region Community Benefit Advisory Council, Community Foundation of Western MA Volunteer Grant/Scholarship Reviewer, Brightside Golf Classic co-chair, Pro-Am Shriners Hospital Golf Tournament co-chair, Monson Home for Aged Board Member, Finance Committee Member and confirmation teacher of St. Patrick's Church in Monson, and Assistant Varsity Soccer Coach of Monson High School.

"I have deep roots in the communities Monson Savings Bank serves. I was born, raised, went to school here, bought my first home, happily married and raised my children here. I still proudly call Monson and Western Massachusetts my home," said Moriarty.

Likewise, Michael Rouette, recently named executive vice president and chief operating officer, also has a long local history with Monson and Western Mass. In fact, he and Moriarty grew up together, are longtime friends, and both attended Monson High School and then worked alongside one another at Monson Savings Bank for years.

Rouette has been with Monson Savings Bank for over 30 years and began his career at Monson Savings Bank in 1987 as a teller. In addition to being an alumni of Monson High School, he graduated from Old Dominion University, the Massachusetts School for Financial Studies at Babson College and the Graduate School of Banking in Colorado. He is a board member of the YMCA of Greater Springfield.

"I am so happy to continue my career with Monson Savings, a local bank truly focused on our customers," said Rouette. "We care about their well-being, their financial health and work hard to continually optimize the way we operate to best serve their banking needs. Both personal and business banking customers can feel confident that when they place their trust in Monson Savings Bank that they will be well taken care of."

Rouette and Moriarty both appreciate and embrace the values that differentiate Monson Savings Bank from its competitors. A keen focus on customers,



Courtesy photo
Michael Rouette, Executive Vice President and Chief Operating Officer; Steve Lowell, CEO of Monson Savings Bank and Dan Moriarty, Sr., current President and future CEO of Monson Savings Bank.

providing personalized attention, innovative banking tools and creating a positive work culture for Monson employees being just some of the distinguishing factors.

"Michael is a positive and knowledgeable leader who inspires others to bring their best to the table," said Lowell. "On top of his many years of community banking experience, his local roots and commercial lending background give him a distinctive link with our local business community. Dan and Michael's long connection as friends, teammates and colleagues, their local roots, their innovative thinking and their respected leadership approach are the reasons why they are a perfect and dynamic team to lead Monson Savings Bank forward. Monson Savings Bank is in good hands."

Lowell has been the president and CEO of Monson Savings Bank for the last 10 years. Following his retirement on Feb. 14, 2021, Lowell will continue to serve Monson Savings Bank in the role of chairman of the Board.

At the start of Lowell's 10 year tenure as President and CEO in 2010, Monson Savings Bank had five offices with \$237 million in assets and 60 employees. Under his leadership the bank saw immense growth and remained fiscally strong. Monson Savings Bank now has seven locations, including five branches, \$510 million in assets and 95 employees.

Lowell was instrumental in spotting growth opportunities that would allow the bank to provide customers with high quality and convenient service, including the opening of the Loan and Operations Center in East Longmeadow.

Incorporated as a mutually chartered community bank in 1872, Monson Savings Bank has the longest tenure of service and stability in its market. Civic leaders chartered the bank with the intent to give working men and women the opportunity to save, which — incredibly, they could not do prior to the bank's inception. Today, Monson Savings Bank retains its legacy of empowerment through savings, but has expanded to serve its customers with a variety of innovative financial services, including digital banking, online mortgage applications, business banking and commercial lending.

The bank has expanded on its promise of "where people save, businesses prosper, and communities benefit" by opening offices in Hampden, Wilbraham, Ware, and most recently East Longmeadow, Massachusetts. The bank also opened a retail and business loan operations center in Wilbraham in 2020.

Ladies Auxiliary holding best snowman contest

THREE RIVERS — Who's ready to put their creative snow-packing to the test?

The Three Rivers Fire Fighter's Association Ladies Auxiliary is holding a "Snowman Contest." Residents of Three rivers, Thorndike, Bondsville, and Depot Village are invited to enter. Winners will receive a basket of winter goodies.

Contest Rules:

You must be a resident of : Three rivers, Thorndike, Bondsville, or Depot Village.

All entries must be appropriate for public viewing.

You may use accessories — the more the merrier. Only one submission per category.

At least one of the builders must be included in the photo for scale. Families and groups encouraged.

Entrants grant permission and authority to use said photo in reasonable advertising or promotional activities.

Winners will be judged on:

Best Traditional Snowman

Best Snow Creature

Tallest

The contest will run until Feb. 28. There will be one winner per category. All winners will be contacted and the winners posted on the Three Rivers Fire Fighter's Association Ladies Auxiliary website, Facebook, and in the Journal. Email photos to: trfdladiesauxiliary@gmail.com.

Good luck — and have fun!



Mysteries, cookbooks and more are available at The Loft for pennies on the dollar of their retail cost.



Turley Publications staff photos by Jonah Snowden
All books donated to The Loft are quarantined to ensure they are coronavirus-free and able to be distributed.

LOFT | from page 1

book, than go on to a device," she said.

Donations are also welcome at The Loft. However, not all types of books are accepted: Textbooks, technical manuals, Readers Digest condensed books, encyclopedias, VHS's or magazines won't be accepted.

Hours for The Loft are 10 a.m. to 4 p.m. Tuesdays to Thursday's and Saturday's from 10 a.m. to 2 p.m.

For more information on The Loft, go to palmerlibrary.org and click on "Support PPL" or call 413-283-3330.

NOTICE

ERRORS: Each advertiser is requested to check their advertisement the first time it appears. This paper will not be responsible for more than one corrected insertion, nor will be liable for any error in an advertisement to a greater extent than the cost of the space occupied by the item in the advertisement.

DEADLINE

The Journal Register has changed its firm deadline for public submissions to Mondays. To get your submission in for that week's edition, email Editor at mtharrison@turley.com or call the office at 413-283-8393 by noon on Mondays. We appreciate the cooperation of our readers.

Public Auction

THURSDAY, FEBRUARY 25TH AT 11:00 A.M.

MORTGAGEE'S SALE OF REAL ESTATE
• HOLLAND •

**WATERFRONT PROPERTY
6 ROOM/3 BATH
CONTEMPORARY STYLE HOME**
"LOCATED ON HAMILTON RESERVOIR"

33 Lee Avenue HOLLAND, MA
To be Sold on the Premises

Features:

- 1 1/2 Story Contemporary Style Home • ±10,875 S/F of Land •
- Total of (6) Rooms w/ (3) Bedrooms & (2) Baths •
- ± 1,380 S/F of Gross Living Area Above Grade • Slab Foundation • Vinyl Siding •
- Propane Radiant Heat • Patio/Deck • Private Well • Septic •
- Assessor's Map: R28, Block: C, Lot 08 • Zoned: R •
- Boat Dock •

Sale Per Order of Mortgage
Attorney Keith K. Fuller
of the firm of Keith K. Fuller
5300 Bigelow Commons, Enfield, CT
Attorney for Mortgagee

Terms of Sale: : \$10,000.00 Deposit Cash or Certified Funds.
Deposit to be Increased 10% of the Purchase Price within Five Business Days of the Auction
2% Buyer's Premium Applies.
Other Terms to be Announced at Time of Sale.

IMPORTANT NOTICE REGARDING THIS AUCTION:
WE ARE DOING OUR BEST TO ENSURE OUR STAFF AND CUSTOMERS ARE SAFE AS POSSIBLE. SO WE MAY TAKE NECESSARY PRECAUTIONS TO MAINTAIN HEALTH AND SAFETY PROTOCOLS. THE COVID-19 STILL REMAINS A POTENTIAL RISK. IN ANY PERMITTED PUBLIC GATHERING, ALL AUCTION SALES ATTENDANCE SHOULD REMAIN MINIMAL TO OBSERVE SOCIAL DISTANCING AND ALL OTHERS ARE ADVISED TO WEAR MASKS AND AVOID GATHERING. PLEASE DO NOT BE RESPONSIBLE FOR ANY YOURSELF AND OTHERS PLEASE DO NOT ATTEND IF YOU ARE ANY EVENING ANY SYMPTOMS OF ILLNESS OR HAVE BEEN EXPOSED TO SOMEONE WHO HAS, OR HAVE TRAVELED OUTSIDE OF THE UNITED STATES IN THE LAST MONTH. MASKS REQUIRED.

Aaron Posnik
AUCTIONEERS - APPRAISERS
West Springfield, MA • Philadelphia, PA
413-733-5238 • 610-853-6655
TOLL FREE 1-877-POSNIK-1 (767-6451)
MA Auc. Lic. #161 • PA Auc. Lic. #AY00241L
www.posnik.com • E-mail: info@posnik.com

PLEASE JOIN US FOR A

Virtual TOWN HALL

To Discuss the Closure of
Baystate Mary Lane Outpatient Center &
Future Plans for Patient Care



Tuesday, February 23 | 5pm

For more information visit
BaystateHealth.org/EasternRegion

Baystate Health

ADVANCING CARE. ENHANCING LIVES.

CS12340

Happy 16th Birthday
on February 7th
Maggie May Campbell
All Our Love,
Derek (Daddy) &
Kathy (Grammy)

Dioguardi Jewelers

25% OFF All Stock Jewelry through Valentine's Day
*excludes Fire & Ice Diamonds

A Full Service Jewelry Store and
Area Exclusive Retailer of Fire & Ice Diamonds
(World's Most Brilliant Cut Diamond)

95 Main Street, Ware, MA 01082
413-277-0364 | dioguardijewelers.com

The Journal Register OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$100, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.



WAFFLE

Meet Waffle. She is a year and-a-half-old rescue who lives with Thomas J. O'Conner of Bonds-ville. "She loves her morning treats, hiding in boxes, and playing with her best friend, Natty," O'Conner says. We feature your pets here every week. Is your fur friend a dog, cat, chicken, lizard, horse, bird, mouse...you get the point. Is there a pet you're fostering and trying to re-home? All pets are welcome! Email a high-resolution jpg of your pet with a little information to mharrison@turley.com.

Nancy Curtis Scholarship available

WARE – Applications are now available for the Nancy Curtis Scholarship in the Ware, Palmer, and Belchertown Public Schools Guidance Department. Deadline for completion of the application is April 5, and should be forwarded to Mrs. Sandra Piechota, 269 Palmer Rd., Ware, MA 01082.

In the classroom

MONSON HIGH SCHOOL Counselor describes workarounds in a digitally-dominated environment

By Jonah Snowden
jsnowden@turley.com

MONSON – Because of the COVID-19 pandemic, communication has become almost completely digital, which is beneficial for some, but challenging for others, especially high school students and their school-to-career facilitators.

Monson High School's Director of School Counseling and School-to-Career Coordinator, Robert Bardwell, said counseling has "been a challenge," since the COVID-19 pandemic has altered how he communicates with his students.

"Pretty much everything that we've been doing is remote," Bardwell said.

"Individually, counselors are in contact with their students, just to check in and make sure things are going OK."

Traditional events and programs Monson High students would be provided pre-COVID include former graduates coming back to speak about their first year outside of high school and what they wish they knew ahead of time. They also can't do field trips and are unable to host a few career days.

Another traditional program was "Sophomore College Exploration Day," which allowed the students to meet with a college representative.

"They would get to hear about different options," said Bardwell. "Whether we're going to do that this year, we don't know."

To help prepare students for life after high school, extensive career development and an awareness program are provided.

"It's been a little disruptive, but we're still doing major components of it," said Bardwell.

"In eleventh grade, they all wrote a resume and were given a mock interview. We've given them the skills so if they go into the workforce, they at least have those tools to help them."

Should a student not have a plan before transitioning into the post-high school world, Bardwell said a counselor will be "on top of that." Traditional events such as a junior college prep night and financial aid night are still being offered, just virtually this year.

Bardwell also said they will be providing course selections in a few weeks, "which leads to juniors meeting every counselor as a family to talk about what senior year will look like," and what life will look like afterward for them.

"We have a whole curriculum framework," said Bardwell.

"It's not the same this year just because of not being in the building, but all the things that we do every year that help prepare them to make good decisions after high school is there."

Bardwell says he plans to communicate frequently with parents, who will also continue to be updated through the newsletters. Parents can always access more information at monsonschools.com, he said.



Robert Bardwell

School-to-Career helped senior make most of COVID year

By Jonah Snowden
jsnowden@turley.com

PALMER – Senior year of high school can be challenging for many students, especially with college right around the corner and the COVID-19 pandemic robbing them of many opportunities.

Fortunately, through hard work and determination, students such as Palmer High School senior Miya Mega continue to persevere. Mega has been making the most of PHS's School-to-Career Facilitator Karen Anti's School-To-Career Program.

"I started it my junior year and I didn't think that I would like it at all," said Mega. "It ended up surprising me."

During her junior year, Mega was placed in the Art Classroom at Old Mill Pond Elementary, which she said helped her take responsibility and learn about her strengths and weaknesses while working, includ-

ing regular progress reports. For her senior year, Mega has been taking great advantage of Masshire Career Information System, a resource provided by Anti's program, which gives her different assignments to help her learn which work values to emphasize, find a best fit among colleges, and more.

"Because we have more time working remotely, I was able to find schools that not only had my work values, and majors I (to explore), but puts into perspective what schools I could afford close and far away," Mega said.

"It's a future pathway to help kids recognize that there can be other options for them and I think that's a big help."

Although Mega has continued to progress through her senior year, the COVID-19 pandemic has created



Miya Mega

obstacles.

"The process of learning what to do is hard," she said.

Because there are no SAT and ACT scores to factor in because of the pandemic, more emphasis is put on grade-point average while filling out college applications.

Ahead of graduation, Mega has decided to study biochemistry and as of January, has been accepted to 12 colleges, including the University of Connecticut, Merrimack College, and Wesleyan University.

Mega said she is looking forward to continue learning from the school-to-career program.

"I want to thank Miss Anti as much as I can because she's helped me so much along the way," she said.

"She's always been on top of everything."

CAMPUS NOTES

Springfield College

Springfield College recognized Dean's List students for the 2020 Fall Semester from our area. They are:

Michael Blazejewski of Palmer, who majors in Applied Exercise Science.

Kayla Yesu of Monson, who majors in Communication Sciences and Disorders.

Hayden France of Brimfield, who majors in Criminal Justice.

Heather Fontaine of Brimfield, who majors in Health Science and Pre-Physical Therapy.

Cassidy Bailey of Monson, who majors in Health Science.

Zoe Przybycien of Three Rivers, who majors in Health Science.

Emma Jacque of Brimfield, who majors in Marketing.

Mia Krupeczak of Monson, who majors in Sport Management.

The criteria for selection to the Dean's List are as follows: The student must have completed a minimum of 12 credit hours of graded coursework for the term, exclusive

of "P" grades. The student must not have any incompletes or missing grades in the designated term. The student must have a minimum semester grade average of 3.500 for the term.

Springfield College is an independent, nonprofit, coeducational institution founded in 1885.

Roger Williams University

Olivia Brown of Palmer and **Julia Giebutowski** of Monson, were both named to the fall 2020 Dean's List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean's List that semester.

With campuses on the coast of Bristol and in the heart of Providence, R.I., Roger Williams University is a forward-thinking private university committed to strengthening society through engaged teaching and learning.

Eastern Connecticut State University

Cassandra Champagne of Monson, who majors in Theatre, has been named to the Dean's List at Eastern Connecticut State University. To qualify for Dean's List, full-time students must complete a minimum of 12 credits in letter-graded courses with an average GPA of 3.5 or higher in the semester.

Eastern Connecticut State University is the state of Connecticut's public liberal arts university, serving 5,000 students annually at its Willimantic campus and satellite locations. A residential campus offering 41 majors and 65 minors, Eastern offers students a strong liberal art foundation grounded in an array of applied learning opportunities and is ranked among the top 30 public universities in the North Region by U.S. News and World Report in its 2019 Best Colleges ratings.

journalregister.turley.com

3 EASY WAYS TO REACH US

PHONE
413.283.8393
Fax: 413.283.7107
Subscriptions: 413.283.8393

EMAIL
Advertising Sales
413.283.8393

Editor
Michael Harrison
mharrison@turley.com

Staff Writer
Jonah Snowden
jsnowden@turley.com

Subscriptions
cgriswold@turley.com

\$35 per year pre-paid
(\$40 out of state)
Newsstand: \$1.00 per copy

WEB
www.journalregister.turley.com
@ The Journal Register

The Journal Register is published by
Turley Publications, Inc. • www.turley.com

Corrections

The Journal Register will gladly correct factual errors that appear in this paper. Corrections or clarifications will always appear on Page 2 or 3. To request a correction, send information to Editor at mharrison@turley.com, or call 283-8393, extension 236. Corrections may also be requested in writing at: Journal Register, Attn: Editor 24 Water St., Palmer, MA, 01069.

Our advertisers make this publication possible.

Let them know
you saw their
ad in the
**Journal
Register**



**Top Floor
LEARNING**

1455 N. Main Street, Third Floor
Palmer, MA 01069
facebook.com/topfloorlearningpalmer

Top Floor Learning, a privately funded non-profit corporation, has been helping others help themselves for 35 years with its Adult Basic Education programs.

What makes Top Floor Learning unique is its personalized instruction.

Let TFL's method of One-to-One private tutoring help you reach your goals with:

- Basic reading, writing and math skills
- High School Equivalency Exam (GED) preparation
- English Language Instruction (including conversation classes)
- Citizenship preparation
- Basic Computer Skills
- Resume Writing
- Tutoring for specialized licenses and tests such as: ASVAB, SAT and TOEFL

For program information call Gail (413) 283-2329, or reach her by e-mail at: gcarneiro@topfloorlearning.org

TOP FLOOR LEARNING NEWS!

VOLUNTEER TUTORS NEEDED!

We are pleased to announce that we are now offering tutoring to High School students in need of help in reading, writing or math. This unique one-to-one tutoring is being offered as we continue to receive requests for this service.

COMPUTER HELP IS HERE!

Do you want to learn how to:

- Use a computer • Email
- Create a Facebook page, etc.?



facebook.com/topfloorlearningpalmer



Celebrate your loved one's life by donating to Top Floor Learning in their memory.

Need more information on the above? Call Gail at 413-283-2329.



WE'RE STILL OPEN!



LUBE - OIL - FILTER

With quality Exxon Mobil oil, oil filter, 21 point check, top off all fluids. Up to 5 quarts of oil.

\$22⁹⁵ Excludes diesel & synthetic
Most Vehicles - With this coupon
Supersedes all other coupons
Expires 2/28/21 T

\$10 OFF
any service over \$150

\$20 OFF
any service over \$250
Most Vehicles - With this coupon
Expires 2/28/21 T

EXHAUST SPECIAL

10% OFF
EXHAUST WORK
UP TO \$50 OFF
Excludes Catalytic Converters
Most Vehicles - With this coupon
Expires 2/28/21 T

WHEEL ALIGNMENT CHECK

\$69⁹⁵
INCLUDES TOE - ALL OTHER
ADJUSTMENTS EXTRA
Most Vehicles - With this coupon
Expires 2/28/21 T



Meet STORM -
Our Newest
Team Member!

- **10% Senior Discount Every Day!** (Up to \$50/Parts only/not valid with other coupon offers)
- **Automatic Transmission Service**
- **FREE Towing** during working hours (to Jackson's for repair within 15 mile radius)
- **Quality Pre-Owned Vehicles • Snow Tire Changeover**

JACKSON'S
Auto
Sales & Service



5 Star Authorized
Registered State
Emissions Repair
Facility #RP008269

1307 Park Street (Route 20), Palmer, MA
413-289-1016 • 800-662-1016
TEMPORARY HOURS: MON-FRI 8-4



McNeely Tree Service

Insured • References

- Hazardous Tree Removal
- Stump Grinding
- Bobcat Rental
- Lot Clearing
- Furnace Wood
- Storm Cleanup
- Firewood \$220/cord
- 101 ft Aerial Lift Rental POR



H: 508-867-6119 • C: 413-324-6977
978-888-1693

Viewpoints

Fresh flower care and flowers for free

With St. Valentine’s Day coming up this Sunday, my thoughts turn to flowers and chocolate. Flowers because I am who I am, and chocolate, because I am surely hoping hubby will provide ample quantities in a heart-shaped box! Anyway, back to the flowers..

Many folks will be graced with a bouquet of cut flowers in honor of this special holiday, and I have some tips up my sleeve to make sure you get longevity out of your gift. No matter how your flowers make it home, either in a sleeve or in a box, chances are they’ve been out of water for some time. Once stems start to seal up, water and nutrients won’t be able to flow and their lifespan could be cut short. Therefore, the first thing you ought to do is recut them. Your goal is to have a clean cut, one that won’t crush the flower’s vascular system.

In fact, I’ve never understood advice that mentions smashing floral stems; don’t do it! Use bypass clippers, or if you’re comfortable, a sharp knife. Household scissors usually aren’t sharp enough, since they are geared more for cutting paper or fabric. Most advice books recommend making your cut on a 45 degree angle to expose the most surface area possible to water. Another trick is to cut the flower stems under water—this process will prevent air bubbles from clogging the stems. I usually fill a clean sink or bucket, submerge the flower stems and cut 1 or 2” off the bottom. If you’ve ever had a rose with a bent head, that is an air bubble at work. Try re-cutting the stem under water and hopefully the bubble will be forced out.

As you move your flowers into a vase (make sure it’s clean!), remove any leaves that you estimate will be under the water line. Waterlogged leaves will rot and make bacteria that can clog stems, shorten vase life and make quite a stench! Some flowers do better if most of their foliage is removed, the reason being that the leaves draw water away from the main stem, and therefore away from the flower head. I generally snip off all the leaves of lilac, and remove all but the uppermost leaves of hydrangeas and zinnias. Usually a small packet of floral preservative is included along with your flowers. Using this in your vase of water will feed the blooms and encourage them to open to their fullest, vivid-color potential!

This year, Valentine’s Day coincides with the start of February vacation. Why not snip some branches of your favorite spring shrubs for a neat experiment with the kids? Just think, when the bought flowers are long gone, you’ll have some others waiting in the wings. The most common shrub to force in the vase is the forsythia; it can be done as early as late January or February, and right up until regular, outdoor bloom time.

Cut the branches on a day that temperatures are above freezing. The best for forcing are those that have many swollen buds. Bring them indoors and recut the stems just as you did for your cut flowers: under water and with a diagonal cut. The branches can then be put in a container or vase with a few inches of water in it.

I usually steer away from using floral preservative on flowering shrubs. Any side branches or buds that fall below the water line should be removed. Change the water every few days to prevent bacteria growth. If kept in a warm room, buds should break within a few weeks. Many other of our favorite spring-blooming trees and shrubs can also be forced into bloom. Try the same approach with redbud, honeysuckle, crabapple, magnolia and flowering almond, cherry and plum.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For the last 28 years, she has held the position of staff horticulturalist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to ekenedy@turley.com with “Gardening Question” in the subject line.



IN THE GARDEN
Roberta McQuaid
Columnist



Baby it’s cold outside (especially at 4,003 feet)!

By Julie Midura
Correspondent

Last week, Tom and I braced ourselves as we stepped out of our car at Rocky Branch Trailhead to hike to the summit of 4,003-foot Mt. Isolation. The temperature on our car thermometer read negative 2 degrees!

We strapped on our snowshoes as fast as we could, slung our heavy winter backpacks over our shoulders, grabbed our trekking poles, and headed up the trail as fast as our legs could carry us. We had just one thing in mind — move quickly in an attempt to generate heat.

When Tom and I first learned about the list of 48 4,000-foot mountains in New Hampshire, we envisioned hiking on balmy summer days under bright sunny skies while our boots struck the dirt and rock-strewn path beneath our feet. But somewhere along the way, we fell in love with hiking so much — or maybe we just lost all sense of self-preservation — that we decided to continue climbing the mountains right through winter. Although we did extensive research beforehand on how to be safe while hiking up such big mountains on frigid winter days, much of what we learned came through trial and error.

One of the first lessons we learned was to dress in layers. A single heavy winter jacket is a poor choice for winter hiking. Dressing in layers gives you the ability to regulate your body temperature in order to avoid becoming too hot or too cold for extended periods of time. Multiple layers allow you to add and remove clothing as needed.

The key to layering in deep cold is to understand that air temperature, body temperature, and exertion level all work together to determine how cold you will feel. You should remove as many layers as necessary on the ascent to minimize perspiring.

Zero degrees can feel brutally cold or downright balmy depending on how you’re dressed and how much you are exerting yourself. I have been very comfortable in a single long sleeve base-layer while hiking up a steep incline, while, conversely, have felt incredibly cold wearing four layers of clothing while standing still on a summit.

A good layering system includes one or two base layers made of wicking fabrics such as polyester, silk, or wool; an insulating mid-layer, such as fleece or down; and a wind/waterproof outer layer that not only sheds moisture, but also allows water vapor to escape. Look for garments that have multiple venting options so that you can dump heat as your heart rate goes up during exertion. For most hikers, pit zips are nonnegotiable.

Although options abound for each of the layers, one thing remains constant: avoid cotton at all costs. As most experienced hikers know, “cotton kills.”

No, that isn’t a typo. Or hyperbole. Those comfortable cotton T-shirts that I love to wear in summer could actually be the reason for my demise in winter. Let me explain.

Clothing keeps you warm by trapping warm air near your skin. When cotton gets wet, either from rain, snow, OR perspiration, it will no longer insulate you because the air pockets in the fabric absorb water like a sponge. Since cotton retains moisture and takes forever to dry, it pulls heat away from your body. Add cold temperatures to the equation and you are at a high risk of suffering from hypothermia.

When Tom and I first started hiking in winter, we heard the mantra, “Be Bold... Start Cold.” What that means is that when you arrive at the trailhead and step out of your car, you should feel quite chilled. Within 10 to 15 minutes of hiking, you will generate enough heat to feel warm and comfortable.

Back then, I was fully aware of that recommendation, but I chose to ignore

it, due mostly from the cold, hard fact that I despise being cold. When I stepped out of the warm car and into the frigid mountain air at the trailhead, I wanted an arsenal of clothing covering every inch of my body. No WAY was I taking off any layers! So I loosened the straps on my backpack to accommodate all of the layers that I was wearing and headed up the trail looking like Ralph’s little brother in “A Christmas Story.”

And of course, 15 minutes later, I felt like a was walking in a sauna. So off came the backpack and off came the layers. It took many, many... dare I say MANY... hikes before I finally learned my lesson. Now, I suck it up and start cold.

I do, however, carry in my pack enough layers for a day on Everest. My typical winter layering system consists of a long sleeve merino wool quarter-zip top, a synthetic vest, a mid-weight fleece jacket, a goose down hooded puffy, and a hard shell (keep in mind that you may need to buy a size up for the outermost layer, since it will need to accommodate all of the layers underneath).

Lower layers and headgear

The layers for my lower half include fleece leggings, a thermal hiking



Tom and Julie celebrating on Mt. Isolation – their 36th mountain of the NH48.



Almost there! Julie and Tom close in on the summit of 4,003-foot Mt. Isolation.



The view of Mt. Washington, as seen from Mt Isolation

skirt, waterproof pants, merino wool knee socks, gaiters, and 400-gram insulated boots.

For my head, I usually wear a Buff on the ascent and switch to a hat on the summit. Since my hands are always cold, I carry liner gloves, boiled wool mittens, fleece mittens, and waterproof over-mitts. I always carry hand, toe, and foot warmers, as well as an extra pair of thick wool mountaineering socks and an extra hat.

Letters to the Editor

Remote work diminishes need for rail

The recent article “Rail plan advocates planning next step in approval process” makes no mention of the impact of COVID-19 on the future working environment.

With the widespread coverage of the Twitter announcement regarding some employees being allowed to work from home permanently, I suspect many companies in the eastern part of Massachusetts have, or will need to make similar opportunities available to their employees, to remain competitive.

Those decisions will likely result in decreased demand for high speed East-West rail.

Peter Zima
Ludlow

Hull should resign

I too agree Mary Hull should resign from her position on Monson Board of Health. This position must be held by an intelligent person who understands science, data and public health.

An individual’s political views have no place in deciding how to improve the public health in Monson. Too many political views have kept Monson in the Covid red zone. If our officials and residents followed the guidelines listed by the CDC and Mass. Dept. of Health, our schools would be open.

I also would support a recall to remove Mary Hull from her selectperson’s position if she participated in the Jan. 6 rally in D.C.

Christine Nissenbaum
Monson

Enjoy the outdoors during the winter

To the Editor,

I greatly enjoyed reading the guest column by Julie Midura about hiking in the White Mountains in winter. But you don’t need to be as adventurous as Julie and her husband to enjoy the outdoors in winter.

As a pediatrician I see so many patients, bored and overweight, sitting inside for their online classes, then playing video games and watching TV the rest of the day. Sports are mostly cancelled. They can not safely see friends. Yet an antidote to boredom and loneliness is waiting right outside. We are blessed to be live in an area with so much natural beauty. There are trails of every length and difficulty.

They are accessible all the time, if one properly dresses for the weather. And they can see their friends too, if they wear their masks and socially distance.

So thank you again, Julie for your fascinating column. I’d love to join you some day. By the way, a mountaineer friend of mine says you can avoid snow and ice clumps on your micro spikes by wearing crampons with snow plates. They’re available at EMS in Hadley, where they’ve been having a big sale.

Stay safe and healthy,
David Gottsegen, MD

CHECK OUT ALL THE
Turley Publications
www.turley.com

Tom and I are willing to carry so many layers because we are well aware that if things go south – and I’m not referring to our direction of travel – we will survive with our hands and feet intact. Just three weeks ago, on a brutally cold and windy day in January, two hikers required a Blackhawk helicopter rescue from the flanks of Mt. Lafayette in N.H. The pair lost the trail in the deep snow. They were wearing trail runners on their feet, and one of them lost his shoes and wallowed barefoot through several feet of snow until he could no longer go on.

I shudder to think of how terrifying and excruciatingly painful that must have been.

Reading about rescues such as this one is the reason why we carry so much gear during winter. Being prepared for whatever conditions we may encounter is essential. The alternative is unthinkable.

As we hiked over six and-a-half miles in snowshoes to reach the summit of our 36th winter peak last week, we weren’t worried about the cold. We had all of the layers we needed... and then some. Whenever we stopped for a break, we kept our respites brief to avoid becoming too chilled. The only layers we needed to add and remove on the ascent were our heavier mittens.

When we took our final steps up the steep, snowy trail onto the summit cone five hours from the time we started, we were greeted to something we rarely experience on a mountaintop, especially in winter — no wind

The sun was shining and the temps were in the mid-teens. We each added one more layer, then sat down and spent the next hour eating lunch, sipping hot cocoa, and inhaling the beauty of the snow-capped peaks all around us.

As we gazed in absolute awe at the prominent mass of 6,288-foot Mt. Washington – the tallest mountain in New England – my heart skipped a beat. The “Rock Pile” is one of the 12 remaining peaks we have left to climb in winter. It is a mountain that commands respect, as is evidenced by the long list of the lives that have been lost there. But we will wait for another perfect weather day before attempting to reach her summit.

We’ve made poor choices in the past. We’ve hiked up mountains in conditions that were telling us to turn back. We won’t tempt fate again. We won’t take unnecessary risks. We want to live to hike another day, and as we all know... the mountain isn’t going anywhere.

Peace, and hike on!

Election letters to the editor welcome

The *Journal Register* welcomes readers to participate in this year’s election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to The Journal Register, care of Turley Publications, 24 Water St., Palmer, MA 01069, faxed to 413-289-1977 or emailed to mharrison@turley.com. Please include a daytime telephone number for verification purposes (it will not be printed). Letters must be received by noon Monday to be considered for that Thursday’s newspaper. No attack letters will be printed. No letters written by candidates supporting their own candidacy will be printed. If the volume of letters received is larger than the space available in the newspaper, or if the letters become repetitive, the newspaper reserves the right to print a representative sample. No endorsement letters will be printed in the last edition before the election.

For more information, call editor Michael Harrison at 413-283-8393.

Campaign news

As part of its election coverage, the newspaper plans to print stories about contested races for Congress, state Senate, state House, district attorney and Governor’s Council during the weeks leading up to the election, as well as a question-and-answer voters guide. In order to ensure fairness to all candidates, no political press releases will be printed, nor will reporters cover political rallies or fundraisers.

Candidates who wish to further publicize their candidacy, beliefs and events may contact advertising, 413-283-8393 about paid advertising in The Journal Register.

Letters to the editor policy

Letters to the editor should be 250 words or less in length, and guest columns between 500-800 words. No unsigned or anonymous opinions will be published. We require that the person submitting the opinion also include his or her town of residence and home telephone number. We must confirm authorship prior to publication. We reserve the right to edit or withhold any submissions deemed to be libelous, unsubstantiated allegations, personal attacks, or defamation of character.

Please send opinions to:
**The Journal Register
Letter to the Editor
24 Water St.,
Palmer MA 01069,**
or by e-mail to:
mharrison@turley.com

The submission deadline for consideration is Monday at noon.

The Journal Register

The *Journal Register* (USPS 418-940) is published every Thursday by Turley Publications, Inc., 24 Water St., Palmer, Mass. 01069. Telephone (413) 283-8393, Fax (413) 289-1977.

POSTMASTER: Send address changes to The Journal Register, 24 Water St., Palmer, Mass. 01069.

PATRICK H. TURLEY
CEO

KEITH TURLEY
President

EDITOR
Michael Harrison
mharrison@turley.com

STAFF WRITER
Jonah Snowden
jsnowden@turley.com

ADVERTISING SALES
Call 413.283.8393

SPORTS EDITOR
Greg Scibelli
sports@turley.com

SOCIAL MEDIA

@ Journal Register

WEB
www.journalregister.turley.com

Turley
Publications, Inc.
www.turley.com

Turley Publications, Inc. cannot assume liability for the loss of photographs or other materials submitted for publication. Materials will not be returned except upon specific request

Our advertisers make this publication possible.

Let them know you saw their ad in the

Journal Register

Pool/fitness room open for 1-hour, \$5 visits

The Ludlow Community Center/Randall Boys & Girls Club, located at 91 Claudia's Way in Ludlow is now open for pool and fitness room use. All area, residents including those in Palmer, Monson, Brimfield, Wales and Holland, are invited to use the facility.

Lanes for lap swim and fitness room can be reserved in one hour intervals for only \$5 a visit.

Lap Swim February Schedule – Monday, 8-9 a.m. and 9:30-10:30 a.m. / Wednesday, 6:15-7:15 a.m. and 8-9 a.m. and 9:30-10:30 a.m. / Thursday 12:30-1:30 p.m. / Friday 8-9 a.m. and 9:30-10:30 a.m. Fitness Room February Schedule - Thursday, 8:15-9:15 a.m. and 9:45-10:45 a.m. / Friday, 8:15-9:15 a.m. and 9:45-10:45 a.m. / Saturday, 8-9 a.m.

To reserve your spot visit lud-

lowbgc.org and click on Adult Programs or call Matt Thompson at 413-583-2072, Ext. 122. For updates on the pool and fitness room, visit the website and register to receive club emails.

The Club continues to make health and safety its No. 1 priority to ensure all visitors who enter the building have a clean and safe environment to utilize.

HOMICIDE | from page 1

had to force entry into the residence after attempting to gain entrance into the home via the front door but were obstructed from doing so.

"After gaining entry, officers discovered one person who was deceased, and were not able to render aid due to signs of death. They then checked the residence for additional victims or suspects. During their search in and around the residence they did encounter two other individuals who were transported from the scene, one for further evaluation and treatment, the other for serious inju-

ries."

The statement also said "The name of the deceased is being withheld until notification to the family."

Burns said Wednesday that the next-of-kin of the person found dead has been notified, though neither Burns nor the district attorney's office would disclose that person's identity. Also in the statement, the district attorney's office asserted, "There is no immediate threat to public safety," though neither that office nor Burns would elaborate.

A person who lives on Fox Street and is familiar with the residents of the home where the homicide oc-

curred, described them as a married couple, senior citizens in their early 60s, though that person emphasized the age range was just a guess. The neighbor, who asked not to be named, also said the couple was outgoing and friendly and that they frequently had a guest or two stay over.

"They are wonderful, kind people," the neighbor said.

"They have always gone out of their way to help others. It's tragic what happened and I just hope justice is served."

Check our Facebook page for updates on this developing story as new details become available.

LESSER | from page 1

met. Both have an enduring intellectual curiosity, are service-minded, and can talk policy like others talk sports. Still, when they met, one was getting his feet wet in Cambridge while the other was preparing for post-grad life.

"I was a freshman and he was a senior at the time," Lesser said.

"I would describe him as a bit of a big man on campus. He was president of the Institute of Politics, which was kind of the youth political center at Harvard. But he didn't carry himself that way. He is a pretty understated guy. He was sort of universally liked, well known, but not in a sort of outlandish or braggadocios way."

In other words, kind of cool?

"It was very much a kind of quiet charisma," Lesser said.

When they met, Lesser found out the accomplished senior was humble enough to offer friendship to the newbies.

"And he had a reputation as being a really sincere and really brilliant person and very committed to his hometown even then," Lesser said.

"I remember actually the first time we met, we met up for something that was called 'brain break,' when they would put out snacks in the dining hall in the middle of the night, like around midnight. People would take breaks from studying or from the library and they would go to the dining hall to get these snacks. And I remember meeting up with him and I was just a kid from Longmeadow who found myself at Harvard and we met up at the brain break and we chatted. It was clear pretty quickly that he was a really unique talent and a unique person."

One of the first things they bonded over was embracing their roots.

"He was very committed to his hometown," Lesser said.

Lesser, who strengthened his activist bones in high school fighting to reverse teacher layoffs, admired how Buttigieg looked for ways to leverage education and experience to help lift their communities.

"I was really drawn to that because that was really the story I identified with, so we became friendly and we kept in touch," Lesser said.

"He graduated, of course, and I was still in school and whenever he was back in Cambridge or back on campus, we would try to meet up and we kept in touch."

When Buttigieg lived in Chicago, Obama's home base, Lesser and

Buttigieg would spend time whenever the campaign made a weekly stop in the Windy City so then-candidate Obama could spend a week-end with his family.

"About once a week, we would end up back in Chicago, and Pete and I fell into a bit of a routine of hanging out on Saturdays and on Sundays and then I went to work at the White House, and I remember him talking to me about the house he was preparing to buy in South Bend, the work he was doing there. I remember he called me one day and said that he was going to be running for state treasurer of Indiana and I thought that was a great idea.

"Unfortunately, that campaign didn't go as planned. But I think he did learn a lot. And he really got to be well known in the state, but it was a really hard time. This was the 2010 election cycle, one of the hardest years for Democrats. Indiana in particular was a very interesting state at that time because it was really one of the ground zeroes of the recession. The Kokomo (Ind.) auto plant, for example, had laid off significant numbers of people. You had a significant auto industry in Indiana that was very hard hit by the recession."

Buttigieg's opponent in that race for treasurer, Richard Mourdock, went on to oppose the Obama administration's bailout of the auto industry during the recession.

"I mean, he was actually suing to block the Obama auto rescue at the time and really hurting his own state, which had tens of thousands of jobs tied up in the auto industry," Lesser said.

"And (Buttigieg) really helped elevate that issue and bring that to the forefront."

Not long after that, Buttigieg made a life-changing decision.

"He was approached by community leaders in his hometown in South Bend and I remember him calling me and saying, 'you know, I'm thinking about running for mayor' and I said 'cool – that sounds great.' And of course, he won."

While Buttigieg was settling in as mayor of that well-known college town, Lesser paid a visit and the two took in Lesser's first Notre Dame football game.

"It was an out-of-body experience," Lesser laughed, recalling the passion of the Fighting Irish faithful.

"It was pretty incredible. It was very cool and I saw firsthand how much he was, frankly, just beloved in his community."

Lives intersecting again

Before the game, Lesser, staying at Buttigieg's place, came downstairs while Buttigieg was dealing with – wait for it – a transportation issue.

"He was on the phone with his DPW about issues that had happened overnight," Lesser said.

"It was like first thing in the morning, he was on the line with this DPW head and now he's dealing with a lot of the same issues – just on a bigger scale."

Speaking of, Lesser can't guarantee that Buttigieg can help move the needle on the East-West Rail project, which is now largely in the hands of MassDOT, including a second look at what the plan's supporters, including Lesser, Rep. Jake Oliveira, Sen. Anne Gobi, and Rep. Todd Smola, say is a gross underestimate of projected ridership. But federal advocacy and funding is essential. Having an influential friend who also happens to be a fan of public transportation and infrastructure renewal can't hurt.

"We'll certainly be talking to him," Lesser said.

"Now we have a federal government that's going to be approaching rail and is going to be approaching mass transit from the standpoint of 'how can we help' rather than a standpoint of 'how do we stop it.' And frankly, that's why I think it's even more urgent that we have our state government do its part, which means that they need a ridership analysis that's accurate," he said.

"The Baker administration needs to make rail a bigger priority and they've got to do this improved demand analysis and they need to do a full environmental analysis of what the benefits would be. So, I don't want to let the state off the hook because the Baker administration needs to do its part to really prioritize this project and get those ridership estimates where they need to be.

"That being said, we have really a united front now federally that we haven't had in a very long time. President Biden, all the way through his vice president, through his secretary of transportation, are now going to be looking at a project like this. And Pete knows about this project because I've talked to him about it over the years. So he's not going to be looking at it completely new."

And if it comes to fruition during the Biden administration, the friendship between a small town intellectual from Indiana and another from Western Mass. could be partly to thank for it.

Gobi attends virtual signing of Campus Assault bill

BOSTON — Senator Anne Gobi (D-Spencer), Senate Chair of the Joint Committee on Higher Education, joined Gov. Charlie Baker, Lt. Governor Karyn Polito, and colleagues in the legislature Feb. 3 for the virtual signing of legislation aimed at holding higher education institutions accountable to a new set of standards and requirements intended to prevent sexual assaults on college campuses.

"I want to thank the student survivors who shared very personal and difficult stories with me," Gobi, a co-sponsor of the bill, said.

"This new law will make sure that our students will not suffer in silence. Our campuses need to be safe and secure so our students can thrive and it was an honor to work on this important issue."

Under the bill, S.2979, "An Act Relative to Sexual Violence on Higher Education Campuses," college students will be anonymously

surveyed about their experiences with sexual misconduct on campus, and will have access to new, confidential resources in the event of sexual assault.

The legislation requires that each campus appoint a confidential resource advisor to help students access support after a sexual misconduct incident, and institutions that do not have their own sexual assault crisis centers will need to enter into an agreement with a local center to provide services to students.

A task force will be created to develop questions for a sexual misconduct climate survey, which after review by state higher education officials, will be distributed to colleges and universities. Schools can also write their own surveys, and both public and independent higher education institutions will be required to survey their students at least once every four years, and

post a summary of the anonymous responses online.

Additionally, the bill requires colleges and universities to adopt sexual misconduct policies and post them online. The policies need to include procedures for reporting misconduct, information on receiving emergency assistance, the rights of students and employees, and a summary of procedures for resolving complaints.

The bill is aimed at ensuring that students are trained on sexual violence prevention and bystander strategies, and that they are made aware of the rights of the reporting party and the accused during the disciplinary process, as well as any sanctions that may be imposed by the school.

For more information on the bill and its application on college campuses, email Gobi's office at Anne.Gob@MASenate.gov.

Applications open to high school seniors and college students studying journalism

REGION – The New England Newspaper and Press Association awards up to 10 scholarships each year to aspiring journalists through the Journalism Education Foundation of New England. Applications are open through the deadline in March. The foundation strives to encourage and support young people who plan to pursue a career in the newspaper industry.

College students or high school seniors who are studying and acquiring work experience that will prepare them to work in the field of journalism are eligible to apply.

For more information contact Linda Conway at l.conway@nenpa.com.

To qualify students must:

- Be a resident of New England.
- Be a senior in high school planning to attend college the following year or an undergraduate college student studying journalism or a related field.
- Have a GPA of 3.0 or above.
- Demonstrate a serious interest in a career in journalism by sending: a cover letter, transcript, resume or biography, letter of recommendation, and a body of published work in a school news publication, general circulation newspaper, or a similar publication and/or a body of work prepared for a journalism class.

Please note: Those applying will be required to sign in to Google to upload documents.

The deadline to apply is March 12.

HELP WANTED ADVERTISING SALES

Do you want to work in your community helping local businesses connect with their customers?

Do you want a career supporting local journalism, which tells the unique stories of our communities?

If so, then join our team!

Turley Publications is looking for an outgoing, energetic person interested in selling advertising for our community newspapers.

The right candidate will assume an established territory that includes Palmer, Monson, and Ludlow.

You must be a self-starter with excellent communication and organizational skills. Basic computer skills are required. Previous print sales experience is preferred but we will train the right candidate. Turley Publications, a locally owned family business, offers a competitive commission structure, 401k, and health plan.

Send resume and cover letter to:

Turley Publications, Inc.

Jamie Joslyn
24 Water Street
Palmer, MA 01069
Email: jamie@turley.com



◆ **La Cucina di Hampden House**
1 Allen Street, Hampden, MA
413-566-8324
www.lacucinahampden.com
CURRENT HOURS: Mon-Thurs 3-8pm;
Sat 2-9pm; Sun 2-8pm
Lounge open & pizza available 7 days

◆ **Route 20 Bar & Grille**
2341 Boston Road (The Wilbraham Shops)
Wilbraham, MA
413-279-2020
www.route20barandgrille.com
CURRENT HOURS: Lunch: Thurs-Sat starting at 11:30am; Dinner: Tues-Thurs 4-9pm;
Fri & Sat 4-10pm; Sunday 11:30am-7:00pm;
Sunday Brunch 11:30am-2:30pm

◆ **Donovan's Irish Pub**
Eastfield Mall, 1655 Boston Road, Springfield, MA
413-543-0791
www.donovanspub.com
CURRENT HOURS: Thurs-Sat 11am-9pm;
Sun 9am-7pm; Sunday breakfast 9am - noon

◆ **Venice Pizza & Grill**
2341 Boston Road, The Wilbraham Shops
Wilbraham, MA
413-540-8080
www.venicepizzagrill.com
OPEN: Tues-Thurs 10:45am-9:30pm
Fri & Sat 10:45am -10pm; Sun 11am-9pm
Closed Monday

BUY DIRECT AND SAVE \$\$\$

USDA INSP. FROZEN BONE-IN CENTER CUT PORK LOIN CHOPS..... **\$1.79** lb

USDA INSP. FRESH PORK COUNTRY STYLE RIBS..... **\$1.47** lb

USDA INSP. FRESH BONELESS CENTER CUT WHOLE PORK LOIN **\$1.79** lb

SLICED IN OUR DELI

USDA INSP. TURKEY BREAST **\$3.99** lb

LENTEN SPECIALS

USDA INSP. FROZEN BREADED SHRIMP **\$4.49** lb

USDA INSP. FROZEN GREAT AMERICAN GREAT WITH PASTA **\$2.99** ea

USDA INSP. FROZEN GREAT AMERICAN 2 LB BAG WHITING FILLETS..... **\$4.99** ea

USDA INSP. FRESH BONELESS BEEF STRIP LOIN CUT FREE **\$4.74** lb WHOLE OR HALF

USDA INSP. FRESH BONELESS BEEF EYE ROUND **\$2.99** lb

USDA INSP. FRESH BONE-IN AMERICAN LAMB LOIN CHOPS **\$7.99** lb

CUSTOMER PICK OF THE WEEK

USDA INSP. FROZEN TILAPIA FILLETS..... **\$1.99** lb

USDA INSP. FROZEN BONELESS & SKINLESS CHICKEN THIGHS TRAY PAK **77¢** lb

USDA INSP. FRESH BONELESS & SKINLESS CHICKEN BREAST 10 LB BAG .. **\$1.29** lb

USDA INSP. FRESH CHICKEN THIGH BONE-IN 10 LB BAG **66¢** lb

USDA INSP. FROZEN HEAT & EAT FRENCH TOAST STICKS 2 LB BAG..... **\$2.99** ea

90 Meat Outlet

HOURS: Mon. - Wed. 8-4 Thurs. 8-6 • Fri. 8-6 • Sat. 8-3

SALE DATES: 2/11/21 - 2/17/21

BUY DIRECT FOR SAVINGS • SELECTION • SERVICE

90 Avocado St. Springfield 413-737-1288 www.90meat.com

We reserve the right to limit quantities.



SHOP YOUR LOCAL MERCHANTS

ROBIN DANE
Cutting and Styling
Color & Cut \$65 in a quiet and private atmosphere
1005 Central St., Palmer, MA
CALL TODAY FOR YOUR APPOINTMENT
413-636-5819

Kubota Rentals
STIHL @Husqvarna
PARK SAW SHOP
LOGGING • ARBORIST • SAFETY
1292 PARK ST. 1-800-232-6132
PALMER, MA 01069 (413) 544-9022
Mon-Fri 6:30am-4pm • Sat 7am-Noon
Shipping Can Be Arranged
RENTALS AVAILABLE

NBSB honors employees for years of service



Ann Brady



Darlene Jarnagan



Deb Warman



Jean Szela



Jessica Shimansky



Kathy Grigas



Patricia Bernard



Renee Jurczyk

NORTH BROOKFIELD — North Brookfield Savings Bank was not able to host their in-person Annual Employee Appreciation event in 2020 to thank all of the employees for their dedication to the success of the Bank and their commitment to supporting our customers and local communities.

Instead, the Bank honored their employees with mid-year bonuses.

"We had to find another way to honor the hard work of these employees, especially amid a nationwide pandemic. It has changed work for all of us, creating some strains, but our employees remained steadfast in their ability to serve our customers. Our employees have risen to the occasion and are all the true heroes here at the Bank", said Andrea Healy, Chief Administrative and Human Resource Officer for the Bank.

Every year, North Brookfield Savings Bank recognizes and rewards employees for their dedication to the Bank and for the outstanding service they provide to our customers and communities. In December of 2020, North Brookfield Savings Bank honored employees who reached special anniversaries with the Bank by presenting them with Years of Service awards and a gift. This year, employees ranged from having 5 to 25 years of service, and over 90 years of service combined.

The following North Brookfield Savings Bank employees re-

ceived Years of Service Awards in 2020.

5 Years of Service

Ann Brady, Controller

Scott Garrand, Systems Administrator

Jessica Shimansky, Assistant Branch Manager

Jean Szela, Sr. Loan Servicing Representative

Debra Warman, Branch Cleaner

10 Years of Service

Kathleen Grigas, Senior Accounting Specialist

Renee Jurczyk, Branch Manager

20 Years of Service

Patricia Bernard, SVP, Compliance Officer

25 Years of Service

Darlene Jarnagan, BSA Officer, Deposit Compliance Specialist

"Congratulations to these wonderful employees for reaching their Years of Service milestones," said Donna Boulanger, North Brookfield Savings Bank President and CEO. "Each one of them has contributed to the Bank's overall success and has shown their commitment to providing our custom-



Scott Garrand

ers and communities with the best service possible, even in the toughest of times. They make our team stronger every day and continue to emulate our Core Values."

About NBSB

North Brookfield Savings Bank is a mutual savings bank with full-service branches in North Brookfield, East Brookfield, West Brookfield, Ware, Belchertown, Palmer, and Three Rivers Village of Palmer. NBSB offers a wide variety of deposit and loan products for individuals and businesses throughout Central and Western Massachusetts and has been a steadfast supporter of the communities in which it serves since 1854. North Brookfield Savings Bank is a 2020 Banking Choice 1st place award recipient in Community Contribution. All deposits are insured by the FDIC and the Depositors Insurance Fund. For additional information, please call 1-866-711-6272 or visit us online at www.NorthBrookfieldSavings-Bank.com.



I came across this tiny library in Wales. I do love a tiny library.



Back in the early 2000s, I wrote for a major antiques magazine and developed a love for antiques.



If it's vintage I like it and I can't wait for flea market and antique show season to arrive.



Am I the only one who hears "let's bowl, Dude" in my head whenever I pass a bowling alley? Well, I stink at bowling but I don't let that stop me from rolling. Looking forward to knocking down some pins in Palmer one of these days!



I've heard a lot about Iron Duke Brewing in Ludlow. Some day – sooner than later, I hope – I hope to get inside.

TRIPPING | from page 1

take as few risks as possible and for a curious extrovert like me who's itching to know everyone and everything in our coverage area, it can be maddening. It's also much more difficult to do my job. So, I venture out strategically, masked up – and with respect to the season, coated, gloved, booted and hatted up, too of course – and have slowly been making my socially distanced way around.

This week, I decided to see how many destinations I could reach in an hour or so. Going by a mental list of places I've passed or heard about, I wanted to get an idea of what all there is to do and see with limited time. Some of these places were viewed from afar because of the pandemic and others can't be enjoyed until the warmer weather arrives. I also discovered some places I had no idea existed until now and tops on that list is the Riverwalk trail in Ludlow. The newest addition to our family, an 8-year-old Chihuahua named Chickpea we adopted a few weeks ago, came along for the ride and the Riverwalk was her favorite, too.

Have any suggestions for where to go next? Please shoot me an email because I'd love to hear them!

Here's a photo collage to document my most recent travels around the Register and Journal Register territory.



The Riverwalk trail in Ludlow was my favorite discovery this day and I can't wait to come back!



I even learned some local history while in Ludlow at the Riverwalk.



This park in downtown Monson will be a frequent destination of mine when the weather allows.



There's a tennis court next to this sign – the nets are down for winter, of course, but come spring, I'll be back. Anyone want to hit with me? You have my email!



Who doesn't love a good Irish pub? I've heard the fish and chips is really fine and that this is a really good live music venue, too. Right up my alley!

COME GROW WITH US

LANDSCAPE FOREMAN

Position Overview: We are looking for a highly motivated experienced individual with a positive attitude and an eye for detail to oversee Landscaping projects, manage the creation of Landscape features such as flower beds, water features, irrigation installs and repairs, walkways, patios, walls, tree and shrub installations and routine maintenance jobs. This is a hands-on, dynamic, fast paced environment that requires quick thinking, a team oriented attitude and multi-tasking abilities. Our company also offers snow removal in the winter months as well.

As foreman, you are responsible for completing jobs on time and to Keith Isham Landscaping, LLC's high quality standards, workmanship and professionalism. You must also have the ability to train our crew labor with all precautions related to day to day landscaping activities.

LANDSCAPE LABORER

Job Description: We are looking for a highly motivated experienced individual with a positive attitude and an eye for detail to oversee Landscaping projects, manage the creation of Landscape features such as flower beds, water features, irrigation installs and repairs, walkways, patios, walls, tree and shrub installations and routine maintenance jobs. This is a hands-on, dynamic, fast paced environment that requires quick thinking, a team oriented attitude and multi-tasking abilities. Our company Also offers snow removal in the winter months as well.

As a Landscape Laborer, you are responsible for completing jobs on time and to Keith Isham Land-Scaping, LLC's high quality standards, workmanship and professionalism.

Education/Experience Requirements:

Experience working with all aspects of Landscaping & maintenance. Degree/certification and/or training in horticulture would be a plus. Valid drivers license, clean driving record and reliable transportation and DOT healthcard.

Knowledge, Skills & Abilities:

Must have great customer skills. Attention to detail with an eye for identifying plants, shrubs and trees commonly used in this region. Mechanical skills including operating equipment such as chainsaws, lawn mowers, etc. Heavy lifting is required. Experience safely driving a truck and trailer. Ability to interpret a variety of instructions furnished written or orally. Verbal & written communication skills.

At Keith Isham Landscaping, LLC we have spent years working with clever, creative people - some come to us with years of experience and others are new to the green industry. We don't present our potential clients with a resume and expect them to hire us...we show up and WOW them! We are inviting you to WOW us!

We offer employees competitive pay commensurate with experience and/or education with a benefit package. We are a drug and alcohol free work environment. The applicant must pass a pre-employment drug test.



KEITH ISHAM LANDSCAPING

PO Box 151, 162 Wilbraham Road
Hampden, MA 01036

Please respond with
resume plus references to:
keithmisham@yahoo.com

Tree Worx Unlimited



Tree Removals
Crown Reduction
Storm Damage
Dead Wooding
Pristine Cleanup
Fully Insured

TreeWorxUnlimited@gmail.com

TreeWorxUnlimited.com

Call/Text/Email today for your free estimate

413.262.1190

PLANNING FOR THE WEEK

FAMILY DINNERS (serves 4 adults)

SUNDAY - \$30

Penne, Meatballs & Sausage
Italian Salad, Warm Bread

TUESDAY - \$25

Chicken Tenders & Fries
Coleslaw, Italian Salad, Warm Bread

WEDNESDAY - \$28

Chicken Parmesan Over Penne
Italian Salad, Warm Bread

THURSDAY - \$28

Country Fried Chicken
Brian's Home Made Mac 'N Cheese
Salad, Warm Bread

Dana's
MAIN STREET
TAVERN

"Exactly what a Main Street Tavern should be"

218 Main Street, Monson

www.218mainstreettavern.com

413-893-9078

KITCHEN encounters, Inc.

15 Railroad Avenue, Wilbraham • 413-596-6535
www.kitchen-encounters.com

Kitchen & Bath Cabinetry
Quartz & Granite Countertops
Complete Installation & Remodeling
FREE Design, In-Home Measuring
& Estimates
Custom Built Commercial
Cabinetry & Installation



sports@turley.com



@turleysports



facebook.com/turleysports

SPORTS

A TURLEY PUBLICATION | www.turley.com

SEND US YOUR SPORTS SUBMISSIONS

www.sports.turley.com

BASKETBALL

Panthers squeak by in opener

PALMER – After a longer lay-off than expected, the Palmer High School girls basketball team finally took the court on Monday night. It was a close game, but the Panthers pulled out the win 45-42 against visiting Ware.



Madalyn Theriault goes low to drive to the hoop.



Miyah Mega attempts a shot.



Jillian Lombardi tries to dribble her way out of trouble.



Giamorya McTier heads for the layup.



Vanessa Baer goes up for a shot.



Madison Cole makes her way down the court.

Photos by David Henry www.sweetdogphotos.com

HIGH SCHOOL

Football season vote reconsidered

By Gregory A. Scibelli
gscibelli@turley.com

REGION – The actual composition of the high school football season is back up in the air after the Massachusetts Interscholastic Athletic Association voted to reconsider its decision on a format for the 2021-2022 season.

Just a few weeks after agreeing on a format that would be used this fall, the MIAA Board of Directors backtracked on the vote, voting overwhelming in favor in a special meeting last Thursday morning to reconsider its decision.

This fall is set to be the first under the new statewide tournament format that was voted into effect in early 2020. Unfortunately, Western Massachusetts schools did not have the opportunity to have one final sectional tournament before the new tournament format takes effect.

The original vote was to have a nine-week season beginning Labor Day weekend and going to the first week of November. There would then be eight qualifying teams per Division to participate in a statewide tournament. There are currently scheduled to be eight divisions in high school football though their exact composition has not been determined. Most other high school sports will be divided into five divisions in order to level the competition throughout the state.

One other proposal presented a few weeks back was to have an eight-week qualifying campaign, much similar to the existing format. The only difference being the fact the playoffs will be a state tournament instead of a four-team sectional, followed by

state semifinals. The state finals would still be scheduled to take place after Thanksgiving, and Thanksgiving holiday matchups could still be preserved.

One thing that would change are the consolation games that occurred among non-playoff teams. The consolation games were determined by a committee in the MIAA for Weeks 9 and 10 as a way to bridge the gap for teams between the eight-week qualifying season and Thanksgiving.

Now, the MIAA is not planning to specifically come up with matchups, but one area athletic director, Agawam's David Stratton, said a local organization, like the PVIAC, could determine non-playoff games based on who is not involved in the tournament. "If we did non-playoff games, it would have to be done on a local level," said Stratton.

Following the reconsideration vote, there was a motion for the nine-week season again, but it was defeated.

Now, the exact regular season format will have to wait until a future meeting as the meeting concluded without a new vote on how many weeks the regular season will be.

In Western Massachusetts, teams will still be playing in competitive conferences, which usually consist of five to seven teams. Depending on whether the regular season will be eight or nine weeks, teams would have to pick up independent games against non-conference teams.

Football teams will have an opportunity to play again in the Fall 2 season, set for next month. However, there will be no playoffs for the Fall 2 season.

FOOTBALL

Indoor football team signs players for upcoming season

WORCESTER — The Massachusetts Pirates have signed offensive lineman Jared Thomas for the 2021 season.

Thomas (6'3", 300 lbs.) last played college football at Northwestern University. He appeared in 51 total games during his four years on the field, including starting all 14 games at center during his junior and senior seasons. Thomas redshirted as a true freshman at Northwestern in 2015.

Some of Thomas' accomplishments at Northwestern include being named 2019 team captain and 2019 All-Big Ten Honorable Mention.

The Pirates have also signed offensive lineman Dwayne Wal-

lace. Wallace last played in The Spring League in November 2020. He also played in XFL for the Los Angeles Wildcats in 2020.

Wallace has garnered professional football experience outside of the Pirates. After going undrafted in the 2019 NFL Draft, Wallace had brief stops in the NFL with the Pittsburgh Steelers and Chicago Bears. Wallace took part in rookie minicamps for both teams in May 2019.

Prior to his professional football career, Wallace played college football at three different schools. First, he enrolled at Riverside City College for his freshman and

Please see **FOOTBALL**, page 9

AUTO RACING

Challenge Cup set to finally debut

REGION — After a one-year delay, The New England Late Model Challenge Cup is finally debuting in 2021 — and it will be even bigger than originally planned. American-Canadian Tour officials confirmed today that nine tracks have signed up for the first season of the series that will pit weekly Late Model racers from across the region in a summer-long battle for pride, glory, and some serious prize money.

The inaugural Challenge Cup was originally slated for the 2020 season before being pushed back a year due to the COVID-19 pandemic. The basic format remains the same, with registered drivers taking their 10 best eligible finishes at participating tracks towards the season-long point standings.

However, the scope of the program has grown tremendously during the one-year hiatus. Nine tracks from four New England states have signed up, nearly double the amount that were originally registered for 2020.

The increase in tracks also means an increase in the season-ending awards. A guaranteed minimum point fund of \$14,000 has been posted for the Challenge Cup. The \$100 registration fee for each driver will also be added to the point fund in full. For example, if 40 drivers sign up for the series, another \$4,000 would be added to the point fund for a total of \$18,000.

Should registration be on pace with the 2020 pre-pandemic numbers, the total point fund could exceed \$20,000. A minimum prize of \$3,000 goes to the overall winner. At least the top-10 drivers in the final standings will receive payouts.

Several big contingency and raffle awards have been posted, adding even more value to the program



Submitted photo

Alan Ward is one racer who will be trying to compete in the Late Model Challenge Cup this year.

for racer. A Port City Chassis by Crazy Horse Racing will be raffled off at season's end. To qualify for the chassis raffle, drivers must register by the deadline and attempt to qualify for at least 10 point-counting events.

ARBodies and Five Star Bodies are each awarding a \$500 product certificate. Drivers who finish in the overall top-10 and have declared they are running an AR or Five Star body will be eligible for these raffles.

Drivers who register by the early-entry deadline of March 1 will also be entered into a Hoosier Tire raffle. Two randomly chosen entrants each receive two free ACT Late Model tires from Hoosier. ACT will also honor the tire awards of the 2020 pre-pandemic raffle winners if they register for this year's Challenge Cup.

"This program is a huge step forward for weekly Late Model racing in New England," ACT managing partner Cris Michaud said. "The Challenge Cup was one of the things we were most excited about in 2020 before the pandemic. Now,

with nearly twice as many tracks on board plus some great contingency partners, it's going to be even bigger for teams and fans."

"Weekly racers are the backbone of the sport, and it's important to reward them for their efforts," Michaud went on. "We've come up with a program that does so and which we think will boost car counts and action throughout the region."

Four tracks from the original 2020 slate will return for the 2021 debut: Barre, VT's Thunder Road Speedbowl; North Woodstock, NH's White Mountain Motorsports Park; Connecticut's Thompson Speedway Motorsports Park; and Massachusetts' Seekonk Speedway.

Five other tracks have joined the Challenge Cup. Connecticut's New London-Waterford Speedbowl will be the second Connecticut track. Furthermore, four tracks from the New Hampshire Short Track Racing Association (NHSTRA) have signed up: Monadnock Speedway, Lee USA Speedway, Hudson Speedway, and Claremont Speedway.

Any competitor at the four

NHSTRA tracks must use the ACT Late Model rules option the organization has introduced for the 2021 season. In other words, cars need to be 100% ACT legal for drivers to earn Challenge Cup points.

All weekly Late Model features at participating tracks will be eligible for the Challenge Cup. Registered drivers can earn Challenge Cup points at any of the nine tracks. For example, a Thunder Road Late Model regular can also earn points at White Mountain, and a Thompson Speedway regular can also earn points at New London-Waterford Speedbowl or Monadnock Speedway.

A driver's 10 best performances across all tracks count towards their NELMCC total. Points will be awarded based on finishing position, car count, and cars passed. The full system is available at www.acttour.com/NELMCC.

Participating tracks are responsible for reporting results to the ACT offices. ACT Late Model Tour events and "open events" at these tracks are not eligible for Challenge Cup points.

To register for the New England Late Model Challenge Cup, drivers must submit the entry form along with a \$100 registration fee by Monday, April 5. Entries postmarked by Monday, March 1 will be eligible for the Hoosier tire drawing. The entry form and point system outline are available at www.acttour.com/NELMCC and on participating track websites. For more information, contact the ACT offices at (802) 244-6963, media@acttour.com, or visit www.acttour.com. You can also get updates on Facebook and Twitter at @ACTTour.

GOLF

Full slate of Mass Golf championships return this season

NORTON – Mass Golf is excited to announce the return of a full schedule for Championships and Women's Championships during the 2021 season. While Mass Golf was able to conduct a majority of its events and qualifiers in 2020, this year's slate will also include the return of events canceled last year due to COVID-19, such as the Massachusetts Open.

According to Kevin Eldridge, Mass Golf's Director of Rules and Competitions, about 60 championship events, including 18-hole qualifying rounds, are being scheduled, and they will take place at 63 different Mass Golf Member Clubs. In total, more than 4,600

registrations are expected. "This year's lineup of championship events and qualifiers wouldn't have been possible without the support and dedication of all our host clubs," Eldridge said.

"As we enter into what we plan to be a full season of Mass Golf events, we remain committed to maintaining the level of care and attention put towards keeping our competitors, volunteers, host club personnel, and staff safe," said Jesse Menachem, Mass Golf Executive Director/CEO. "Statewide and nationally, golf was recognized as a safe recreational activity during times of great re-

Please see **GOLF**, page 9

CALENDAR OF EVENTS

E-mail items to mharrison@turley.com or mail to Calendar Editor, Journal Register, 24 Water St., Palmer, MA 01069, for receipt by Monday of week for publication.

Editor's note: Due to the coronavirus pandemic, events featured in the Journal Register, including those previewed in stories, briefs and on the calendar page, may be canceled with little notice. The Journal Register encourages readers to contact event coordinators and organizers for updated event times. Have an event to promote? Email the information (in a Word doc or as email text – no PDFs, please – to mharrison@turley.com.

NOW

MUSIC LESSONS, YOGA AND MORE: Just because days are short, and the thermometer reads cold doesn't mean there's nothing to do. Hitchcock Academy constantly works with instructors to offer options to its community members. Look for upcoming classes in yoga, tai chi, meditation, and fencing. Hitchcock Academy follows all current COVID guidelines for cleaning and social distancing and anyone using the facility must wear a mask.

All information regarding current class offerings, events, and registration are available at hitchcockacademy.org.

POLISH PLATE DINNER: Feb. 13 at St. Mary's Church, 57 South Street, Ware. 5. Curbside pickup will be on Saturday, Feb. 13, in the parking lot behind St. Mary's Church. Each customer will be designated a pick-up time when placing your order. Payment should be the exact amount, either check made out to St. Mary's Church, or cash and placed in an envelope with your name, phone number and payment amount. Call Sylvia at 413-436-9268 or Diane at 413-967-5207, with questions and/or to order. All orders must be received by Sunday, Feb. 7. St. Mary's thanks everyone for their support. Snow date will be Sunday, Feb. 14.

FREE FOOD PROGRAM: The Massachusetts Military Support Foundation has found a way to get food to families that need it. The Farmers to Families program, set up by the U.S. Department of Agriculture, is part of a Coronavirus Food Assistance Program that help people all over the nation and has a site in Springfield open to all residents. The program will supply food kits with fresh fruits and vegetables, dairy products and meat products that distributes package into family-sized boxes. You can register for your food kit at mmsfi.org. On the website choose "Springfield, Ma" as your pick up site and sign-up. Register for one week or all four with easy one time registration. Food kit includes fresh dairy, protein, and produce totaling 30+ pounds of food. Military families are encouraged to sign-up but registration is open to the public.

FROM THE PALMER LIBRARY

The YA February Take & Make activity is making a pair of bookends. This will

include paint, ribbon, glue, scrapbook paper, and more. Send photos of your work for the library's social media pages. Open to all ages. Registration Required. Runs now to Feb. 27. Register at palmerlibrary.org.

INTERESTS

KEEP HOMESTEAD MUSEUM at 35 Ely Rd., Monson is closed for winter. There will be no meeting, tours or programs. It will tentatively re-open on Sunday, April 11, 2021. Nature trails are open daily until dusk for hiking, snowshoeing and cross-country skiing. Trail maps can be found in the parking lot. The Phillips Sculpture Garden is open year-round (handouts in box on one of the sign posts). For more information call 413-267-4137, email khn@keephomestead-museum.org or visit www.keephomestead-museum.org

THE QUABOAG VALLEY QUILTERS GUILD is looking for new members. The Guild meets on the first, third and fifth Thursdays of the month at 1 p.m. in the basement of the Palmer Historical and Cultural Center, 2072 Main St., Three Rivers. The Guild is a no pressure group with varying degrees of accomplishments, from novice to Big E "Best In Show" winners. The membership fee is \$48 a year. For more information, contact Barbara Beaulieu at 267-4044 or Merry Mombourquette at 283-7577. Follow us on Facebook.

MONSON WOODWACKERS wood carving club meets every Thursday at Monson Senior Center on Main Street in Monson from 6-8 p.m. The club meets throughout the year. Membership is \$10 for the year, payable in September. Anyone interested should call Barbara Mackintosh at 413-237-8303. There are many beginner projects and experienced teachers, as well, within the club.

STAINED GLASS MAKING CLASS will be held on Thursdays at the Holland Community Center from 10 a.m.-1 p.m. or 6-9 p.m. Glass and tools are supplied. Take six classes for \$48. Class sizes are limited and are open to all ages. For more information call Tom Baltazar at 508-245-2525.

DIAMOND NATIONAL/CASCADES DIAMOND. Did you every work there? Former employees meet on the third Tuesday of every month at Burgundy Brook Restaurant on Route 181 in Palmer from 9-10 a.m. The stories shared are often colorful but old friendships are renewed.

ONGOING

LEARN ABOUT LOCAL HISTORY: Want to learn more about local history? The Elbow Plantation Historical Society is

available for research and other information. They can be reached at elbow.plantation@gmail.com. Send them your questions and comments and leave your preferred contact information and they will respond asap.

THE MONSON LIONS CLUB has a 20-foot x 20-foot tent for rent. The cost is \$75 for a two-day event. The club will put it up and take it down. For more details, contact Curt at 413-668-6653.

DAY SPRING LODGE A.F. & A.M. located 14 Bliss St., Monson is making its hall available for rent for \$75 for a variety of parties and functions. For reservations, call Doug Battige at 413-267-5855 or 413-265-9398.

RESERVE YOUR CELEBRATION TENT now for your First Communion, bridal and baby showers, graduation parties, family reunions, birthday parties or any other kind of celebration you may have outdoors. The Palmer Lions Club has a tent for you, either 20-feet x 20-feet for \$125 or 20-feet x 40-feet for \$200. This includes setup and takedown in the Palmer area. Call Karen at 413-813-8445 to make a reservation. You may need to leave a message and your call will be returned. The Palmer Lions Club tent rental fees go towards assistance for the people of Palmer, Bondsville, Three Rivers and Thorndike.

PALMER SALVATION ARMY Service Extension Unit offers residents in Palmer and Brimfield emergency assistance on a periodic basis. The outreach coordinator will be located on the second floor of St. Paul's Unitarian Universalist Church at 1060 Central St., Palmer. You must schedule an appointment by calling 413-221-8283 so you know what documentation to bring since those seeking assistance have to meet certain criteria and show proof of need. Please leave your name, number and the date you called. Phone messages are checked weekly, not daily.

BOOKSTORE at the Unitarian Universalist Parish of Monson at the corner of Lincoln and Main streets in Monson is open the first Friday of every month from 5:30-7:30 p.m., the third Saturday of every month from 10 a.m.-1 p.m. Books priced from 25 cents to \$1 each: fiction, nonfiction, thrillers, horror, mystery, science fiction, how-to, classic literature, children's books, romances, cookbooks, gardening books and more. All proceeds benefit the parish. Donations are accepted. Call Mary at 267-0033 for more information.

MARTHA'S TABLE STAFF at the Monson-Glendale United Methodist Church is supporting the Monson Open Pantry by providing a meal once a month to anyone who will bring a non-perishable food item. Staff have begun packing and delivering the meals in cooperation with the Monson Senior Center. The meal is served at the church, 162 Main St., Monson on the third Saturday of each month from 11:30 a.m.-1:30 p.m. For more information call 267-3798.

SENIOR LUNCHEON. The Monson Council on Aging invites seniors over age 60 to its luncheon program every Monday – Friday at the Monson Senior Center, 106 Main St., Monson. Home cooked meals are always served at noon. The requested donation of \$2.50 includes the entrée, bread, dessert and beverage. Menus are available in the COA newsletter. Luncheon reservations must be made by 2:30 p.m. the day before you would like to come to lunch. For more info or van reservations, call 267-4121.

GAME NIGHT will be held at Top Floor Learning at the Palmer Public Library the second Tuesday of each month from 6-7:45 p.m. There is no fee or registration required, and attendants must be 16 years of age or older unless accompanied by an adult. Games include Scrabble, Cribbage, Monopoly, Rummy, Chess, Checkers, Uno, Yahtzee, Bridge, Skipbo, Crazy 8's, Hearts, Dominos, etc. Attendees may bring their own. For more information call 283-2329 or email palewis19@yahoo.com.

Turleysports

Athlete of the Week

Jill Lombardi
Palmer High School

Lombardi was part of a Palmer lineup that finally took the court earlier this week against Ware. To nominate someone for Athlete of the Week, contact Managing Sports Editor Gregory A. Scibelli at 413-283-8393 ext. 258 or send an e-mail to gscibelli@turley.com.

Moulton

Insurance Agency Inc

HOME – AUTO – BUSINESS – LIFE

CONGRATULATIONS ATHLETE!

Very Competitive Rates • Experienced Professional Staff
99% Claim Satisfaction Rate • On-site Registry Processing

143 West Street
Ware, MA 01082

45 North Main Street
Belchertown, MA 01007

www.moultoninsurance.com

413-967-3327

More companies, more choices, BETTER RATES!

ARBELLA INSURANCE

Hampshire association seeking umpires

REGION – The Hampshire Franklin Baseball Umpire Association is planning to conduct classes for the 2021 baseball season following all recommended COVID-19 protocols including the possibility of on-line instruction. The association covers umpiring of scholastic baseball for all of Hampshire and Franklin

county schools registered under MIAA and several other baseball leagues in the area. If you are interested in umpiring baseball or obtaining further information regarding the upcoming classes please contact Roger Booth - Secretary/Treasurer of the HFBUA via email at quithunter@comcast.net.

Sign-ups now available for 2021 Relics softball

LUDLOW – The Western Mass Relics has opened registration for the 2021 Senior Softball Season. The Silver Division (age 50 to 64) has filled 36 of the 112 spots and the Gold Division (65-and-up) has filled 32 of the 96 spots.

The registrations are accepted on a first come first serve basis. All our games are played at the Fish & Game in Ludlow. For further information or to register go to <http://www.westernmassrelics.org>.

Pioneers to host Pelham clinic

LUDLOW – Western United Pioneers FC is excited to offer a soccer clinic in Pelham, MA for players in the Massachusetts North Region. The clinic provides off-season training and skill development by WUP FC coaches. The second sessions available.

This program is offered to boys and girls born in 2010, 2011, 2012, 2013, and 2014. The four-week program includes one practice per week for a total of \$65 per session. Sessions will consist

of a max of 15 players per field (COVID regulation for the players' safety).

SESSION 2: MONDAYS 2/22, 3/1, 3/8, and 3/15

Boys and Girls Born 2013 and 2014: Session is at 5 p.m.

Boys and Girls Born 2010, 2011, and 2012: Session is at 6 p.m.

The sessions will be held at Pelham Elementary School at 45 Amherst Road, Pelham, MA 01002.

GOLF | from page 7

striction and we are confident that we will keep this positive momentum surrounding the sport going into the 2021 season."

Online registrations for 2021 Mass

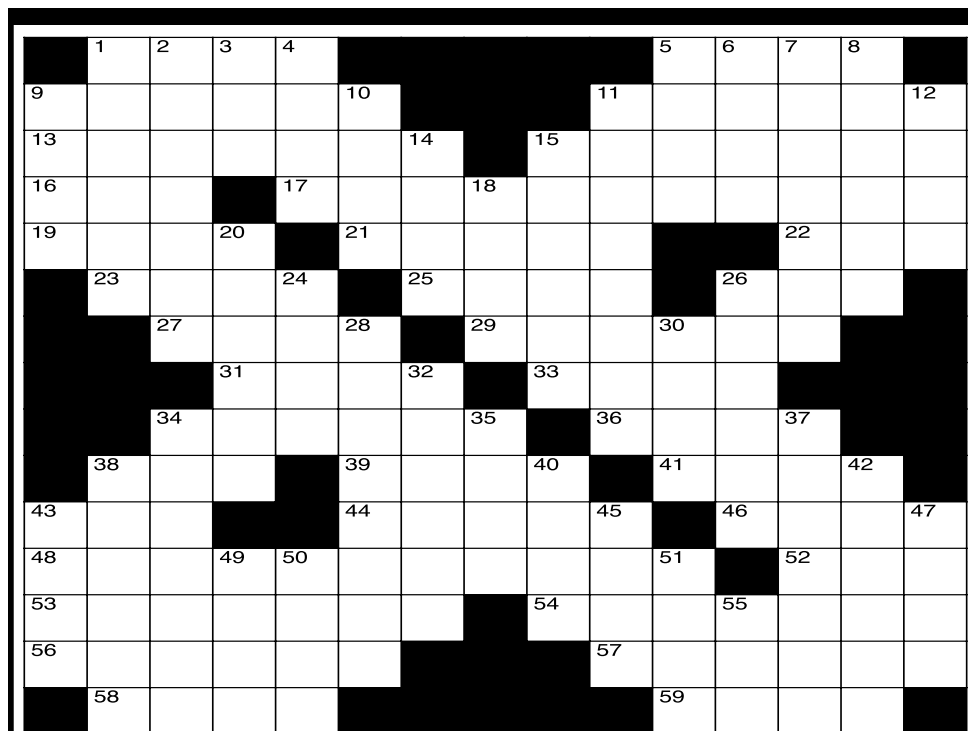
Golf events will begin in early March. Additional details surrounding the new registration platform and the registration open dates will be provided in the coming weeks.

FOOTBALL | from page 7

sophomore seasons. He then transferred to the University of California at Berkeley for his junior year.

In his senior year, he transferred again, this time to the University of Kansas. That season, Wallace started 9 games at right guard. He also started a game at right tackle. Following his college football career, Wallace was a 2019 NFLPA Collegiate Bowl Participant.

The Massachusetts Pirates are members of the Indoor Football League (IFL). The Pirates play all home games at the DCU Center located at 50 Foster St. Worcester, MA. 01608. For more information on the Massachusetts Pirates please call (508) 452-MASS (6277), email contact@masspiratesfootball.com or visit www.masspiratesfootball.com



CLUES ACROSS

- Composed
- Lesotho currency
- Ethnic group associated with Hungarians
- Gains knowledge of
- Gradual destruction
- Purchase
- Pharaoh of lower Egypt
- Where you're going
- The 6th letter of the Greek alphabet
- Fishing net
- Midway between south and southeast
- A way to sort
- C C C
- Popular sports podcast (abbr.)
- Discount
- Consumes tobacco
- A way to run

- Popular musical awards show
- Pertains to the male sexual organ
- Supplements with difficulty
- Green veggie
- Deep-bodied freshwater fish
- Holy fire
- Usually has a lid
- Being of use or service
- Have a yen for
- Unknowingness
- Dry white wine drink
- Unwinds
- Traveling by sea
- Outdoor
- entertaining areas
- Stringed instruments
- Redgrave, actress

CLUES DOWN

- Progressive decay of a bone or tooth
- Burrowing rodents
- French/Belgian river
- A professional cleaner
- A Russian river
- Kiln
- True statements
- Most private
- French city
- Masses of fish eggs
- Apart from others
- Monetary unit of Samoa
- Nanosecond
- Film
- Men's fashion accessories
- Flowering shrub
- North Carolina university
- Moves earth
- Former monetary unit of Spain
- Foodies
- New Zealand parrot
- Makes very happy
- A payment required for not fulfilling a contract
- Emerald Isle
- The act of terminating someone's employment
- Gland in some mammals
- Commoner
- Large animals
- Belch
- Employee stock ownership plan
- Work units
- Wagon
- Nerve fiber
- Proclaimed
- Japanese delicacy

WE'VE EXPANDED OUR WEB SITE

PUBLIC NOTICES

ARE NOW ONLINE

1 Email all notices to notices@turley.com

2 Access archives and digital tear sheets by newspaper title.

3 Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

Public notice deadlines are Mondays at noon, Fridays noon for Monday holidays.

[visit www.publicnotices.turley.com](http://www.publicnotices.turley.com)

DEATH NOTICES

Scott Gralinski, 61
Died: Jan. 28, 2021
Services: To be held at later date.

Etta S. Hillman (DeGrace), 98
Died: Jan. 29, 2021
Services are Private

Debra L. Palmer Holmes, 62
Died: February 7, 2021
Visitation Hours
February 14th 2pm-5pm
Beers & Story, Palmer

Harold A. Piche, 69
Died: Feb. 3, 2021
Funeral Mass: 10 a.m.
Feb. 12 at All Saints Church, Ware

The Journal Register
OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$100, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

O B I T U A R I E S

Scott Harding Gralinski, 61

Scott Harding Gralinski, 61 of Largo, Fla., (formerly of Palmer), passed away on Thursday, Jan. 28, 2021, at St. Anthony's Hospital in St. Petersburg, Fla.

He was born Aug. 17, 1959, in Palmer to Constantine and Juanita (Harding) Gralinski. Scott spent his childhood in Palmer, and graduated from Palmer High School, Class of 1977. He then went on to Western New England College in Springfield, graduating with his Bachelor of Science degree.

Scott was a hard worker and dedicated employee of Fidelity Investments for several years before his retirement in 2014. Upon his retirement, Scott moved down to Largo, where he enjoyed life to the fullest – spending time at Indian Rocks Beach and going to the pool with his many friends. Scott was active in his residential community and served by becoming the president of the H.O.A. at East

Bay Oaks.

Anyone who knew Scott knew him for standing up for the rights of himself and others, and not afraid to say what he thought about things. But underneath the sometimes rough exterior which some would

see, was a man who truly cared about the well-being of others and was a great friend to several people in his living community. Scott enjoyed being outside in the Florida sunshine, and had quite the green thumb. He would often be found tending to the many plants, succulents and flowers he surrounded his home with. He also enjoyed going to thrift stores, searching for anything with palm trees on it, and looking for treasures to create his garden art; with a birdbath and succulent garden made of glass being among his favorite creations. Scott lived



his best life, and will be lovingly remembered and missed by so many family and close friends who knew him the most. He is survived by his two sisters, Jayne Heede and Lana (Roger) Jalbert of Palmer; his two brothers, Michael E. Gralinski of Palmer, and Punta Gorda, Fla., and Fred P. (Terri) Gralinski of Coventry, R.I.; longtime close friends Bruce and Kim Cunningham, and their daughters, Emma, and Scott's goddaughter, Lily, all of Kingston; his companion and best friend in Florida, Melodee Baumgart; several nieces, nephews, cousins, and friends; and his beloved Pomeranian, Gigi Marguerite. He was preceded in death by his parents and sisters-in-law, Beverly (Picard) and Paula (Guerra) Gralinski. A Celebration of Life will be held at a later date to be announced.

chael E. Gralinski of Palmer, and Punta Gorda, Fla., and Fred P. (Terri) Gralinski of Coventry, R.I.; longtime close friends Bruce and Kim Cunningham, and their daughters, Emma, and Scott's goddaughter, Lily, all of Kingston; his companion and best friend in Florida, Melodee Baumgart; several nieces, nephews, cousins, and friends; and his beloved Pomeranian, Gigi Marguerite. He was preceded in death by his parents and sisters-in-law, Beverly (Picard) and Paula (Guerra) Gralinski. A Celebration of Life will be held at a later date to be announced.

band Lawrence of Belchertown, Sheila H. Womble of Belchertown, John W. Hillman of New Britain, Conn., a brother, Antone Gonsalves of Bedford; a sister, Rose Marie Daphin of Assonet; 13 grandchildren and 16 great grandchildren.

All funeral services are private and have been entrusted to Lombard Funeral Home of Monson.

well as many extended family members and friends. Debra is predeceased by her father, Wilfred Palmer.

A period of visitation will be held 2-5 p.m. Sunday, Feb. 14, 2021, at Beers & Story Palmer Funeral Home.

In lieu of flowers, memorial donations may be made to the American Cancer Society at cancer.org.

For more information or to leave a memory, visit beersand-story.com.



Richard of Palmer; her sons, David Fleury of Florida, and Daniel Campbell of Pennsylvania; her siblings Kathryn Lang(Randy) of Chicopee, William Palmer (Deborah) of Palmer, Diane Dinelle (David) of Palmer, Richard Palmer (Belinda) of Springfield, Cheryl Channell (Jon) of New Hampshire and sister inlaw Lisa Holmes of Windsorlocks Conn.; her grandchildren, Julia Lanzillo, Dorothy Corjay, James Corjay, and Mercades Campbell; as

Debra L. Palmer Holmes, 62

PALMER — Debra L. Palmer Holmes, 62, passed away surrounded by her loving family on Feb. 7, 2021, at home.

She was born on May 17, 1958, in Palmer to Wilfred and Barbara (Gunn) Palmer. Debra enjoyed “the higher things in life” and her daily cup of coffee. Above all, her family was her world, especially her children and grandchildren.

Debra will be missed by all who knew her, including her life partner and husband, Gary Holmes; her mother, Barbara of New Hampshire; her daughter Donna Corjay and husband,

Harold A. Piché, 69

THREE RIVERS — Harold A. Piché, 69, of Three Rivers, passed away on Wednesday, Feb. 3, 2021, with his family by his side.

He was born in Furth, Germany, son of the late Agnes (Krawietz) Piché, and leaves the love of his life, his wife of 38 years, Patricia (Skura) Piché, his brother, Raymond Piché of Ware, his sister-in-law, Janice Skura, his brother-in-law, Michael E. Skura and his wife Lorraine of Belchertown; his nephews, Ryan Piché, Kyle Piché, and Samuel Skura; his niece, Emily Jasmin, and great-nieces Megan Jasmin, Isabella Skura, and Gracelyn Skura; and his loving companion Charlie. Harold was predeceased by his step-father, Armond Piché.

Harold was a United States Army Veteran of the Vietnam War. After returning, he earned his Associate Degree from Holyoke Community College. He worked as an Electrical Storekeeper at UMass Amherst for 30

years before retiring in 2014.

Harold became part of the Charbonneau Funeral Home family, working as a dressman at Charbonneau & Varum Funeral Homes in Ware and West Brookfield. He also enjoyed working with the Beers & Story Funeral Home team.

He loved sports and watched as often as he could, his beloved Patriots, Celtics, Bruins, and Cowboys. Harold also greatly enjoyed his time on many local golf courses.

Harold lived most of his life in Ware and was very active in the community that he so loved. He was a member of All Saints Church, where he served on several committees. He was a former communicant of the Our Lady of Mount Carmel Church. Harold was also a member of the Knights of Columbus and the Amvets Post



74 of Three Rivers. In his younger years he enjoyed his time with his friends as a member of the Ware Wolves and the Dump Rats.

A Funeral Mass followed by Military Honors for Harold will be held at 10 a.m. Friday, Feb. 12, in All

Saints Church, 17 North Street in Ware. There are no calling hours. Masks must be worn and social distancing guidelines must be followed while in the church.

In lieu of flowers, memorial donations may be made to the All Saints Church, 60 South Street, Ware, MA 01082. Please notate the memorial gift in Harold's name for the “Tiffany High Altar Window Project” in the memo line.

Charbonneau Funeral Home, 30 Pleasant St., in Ware is assisting his family with arrangements. An online guest book is available at charbonneaufh.com.

Police/Fire

Police Logs

PALMER PD

The Palmer Police Department responded to six arrests or summons for arrest from Feb. 2- 9. Those arrested will appear at the Palmer District Court and are innocent until proven guilty.

Tuesday, Feb. 2

Russell Harry Barbour, 61, of 1023 Central St., Apt. 5, Palmer, was arrested at 6:27 p.m., on Main Street in Palmer, on charges of operating under the influence of liquor (second offense); negligent operation of a motor vehicle; motor vehicle lights violation and a warrant.

Wednesday, Feb. 3

Derrick J. Buccacio, 35, of 48 Baker St., Ludlow, was arrested at 1:27 a.m., in the area of Thorndike Street and Converse Street on charges of operating under the influence of liquor and possession of a Class B drug.

Jason W. Watson, 39, of 150 Beacon Dr., Palmer, was arrested at 9:02 p.m., on Beacon Drive in Palmer, on a warrant.

Thursday, Feb. 4

Brian V. Santos, 44, of 2101 Baptist Hill St., Three Rivers, was arrested 5:37 p.m., on Baptist Hill Street in Three Rivers, on a warrant.

Saturday, Feb. 6

Abner Aldarondo, 39, of 51 Whittier St., Apt. 1, Springfield, was arrested at 9:56 p.m., on Wilbraham Street in Palmer, on charges of operating under the influence of liquor; negligent operation of a motor vehicle; improper use of a mobile phone and no inspection sticker.

MONSON PD

The Monson Police Department responded to eight arrests or summons for arrests from Jan. 31-Feb. 6. Those arrested will appear at the Palmer District Court and are innocent until proven guilty.

Sunday, Jan. 31

Marissa Nicole Patrizz, 31, of 12 Kurht Rd., Stafford Springs, was arrested at 8:55 p.m., on charges of unlicensed operation of a motor vehicle and rated of speed exceeding posted limit.

Friday, Feb. 5

David F. Miaramanda, 39, of 10 Loopley St., Ludlow, was arrested at 3:00 p.m., on charges of fail to drive in right lane; operating under the influence of liquor (second offense); negligent operation of a motor vehicle; operating under influence while license suspended for OUI; possession of an open container of alcohol in a motor vehicle.

Carl Edward Santos, 57, of 262 Hovey Rd., Monson, was arrested 6:34 p.m., on charges of a marked lanes violation; operating under the influence of liquor and negligent operation of a motor vehicle.

Andrew Charles Kinley, 33, of 134 Main St., Apt. 2, Monson, was arrested at 11:55 pm., on a charge of open and gross lewdness.

Saturday, Feb. 6

Rebecca Jean Gouvin, 46, of 36 Weston St., Wilbraham, was arrested at 8:40 p.m., on charges of operating under the influence of liquor; negligent operation of a motor vehicle and rate of speed exceeding posted limit.

Fire Logs

PALMER FIRE DEPT.

The Palmer Fire Department responded to 10 calls Feb. 3-8.

On Wednesday, Feb. 3, at 1:49 a.m., the department responded to a call for station coverage on Boston Road in Wilbraham. The department returned to service at 4 a.m.

On Wednesday, Feb. 3, at 7:54 p.m., the department responded to a call for furnace malfunction on Central Street. The department returned to service at 8:21 p.m.

On Thursday, Feb. 4, at 2:30 p.m., the department responded to a call for an alarm activation on North Main Street. The department returned to service at 2:44 p.m.

On Friday, Feb. 5, at 10:50 a.m., the department responded to a call requesting medical assistance on Spring Street. The department returned to service at 11:12 a.m.

On Friday, Feb. 5, at 11:13 a.m., the department responded to a call requesting medical assistance on River Street. The department returned to service at 11:47 a.m.

On Friday, Feb. 5, at 11:47 a.m., the department responded to a call requesting medical assistance on Wright Street. The department returned to service at 12:06 p.m.

On Friday, Feb. 5, at 4:12 p.m., the department responded to a smoke detector activation on Beacon Street. The department returned to service at 4:32 p.m.

On Saturday, Feb. 6, at 2:54

p.m. the department responded to a motor vehicle accident with an injury on Commercial Street. The department returned to service at 3:26 p.m.

On Monday, Feb. 8, at 8:13 a.m., the department responded to a call requesting medical assistance on Fox Street. The department returned to service at 8:39 a.m.

On Monday, Feb. 8, at 8:24 p.m., the department responded to a motor vehicle with an injury on Ware Street. The department returned to service at 8:59 p.m.

THREE RIVERS FIRE DEPT.

The Three Rivers Fire Department responded to five calls from Feb. 4-7.

On Thursday, Feb. 4, at 9:16 a.m., the department responded to a call for an EMS incident on Baptist Hill Road. The department returned to service at 9:36 a.m.

On Friday, Feb. 5, at 11:15 a.m., the department responded to a call for an EMS incident on River Street. The department returned to service at 11:20 a.m.

On Friday, Feb. 5, at 11:22 a.m., the department responded to a call for a smoke investigation on Baptist Hill Road. The department returned to service at 11:30 a.m.

On Sunday, Feb. 7, at 9:39 a.m., the department responded to

a motor vehicle accident on Sykes Street. The department returned to service at 10:20 a.m.

On Sunday, Feb. 7, at 5:29 p.m., the department responded to a motor vehicle accident on Three Rivers Road. The department returned to service at 5:35 p.m.

BONDSDVILLE FIRED DEPT.

The Bondsville Fire Department responded to one call from Feb. 2-8.

On Monday, Feb. 8, at 7:38 p.m., the department responded to an alarm activation on Palmer Street. The department returned to service at 7:55 p.m.

MONSON FIRE DEPT.

The Monson Fire Department responded to two fire calls and 14 EMS calls from Feb. 1-8.

On Sunday, Feb. 7, at 7:50 a.m., the department responded to a call for the EMS crew on Town Farm Road. The department returned to service at 8:55 a.m.

On Sunday, Feb. 7, at 6:19 p.m., the department responded to a call for the Ems crew on Maple Lawn Road. The department returned to service at 6:53 p.m.

Great Backyard Bird Count, Feb. 12 to 15

REGION — The Audubon Society and Cornell Lab of Ornithology will hold the Great Backyard Bird Count Feb. 12 through Feb. 15. The Great Backyard Bird Count is a free, fun, and easy event that engages bird watchers of all ages in counting birds to create a real-time snapshot of bird populations. Participants are asked to count birds for as little as 15 minutes or as long as they wish on one or more days of the four-day event and report their sightings online at birdcount.org. Anyone can take part in the Great Backyard Bird Count, from beginning bird watchers to experts and they can participate from their backyard or with a Ware River Nature Club group exploring a defined area with a team traveling in separate vehicles. Ware River Nature Club will announce plans for this event soon.

Discovery Center presents Zoom owl program

Friends of Great Falls Discovery Center present “Owls of New England” by Peter Christoph Peter. Christoph delivers stunning photographs of his favorite owls combined with stories, which entertain, educate and inspire. Participants will learn the secrets he uses to find and photograph owls in their natural habitat. Christoph is a well-known wildlife advocate, naturalist and award-winning wildlife photographer, who seeks to raise awareness of the need to

conserve bird habitat. The virtual presentation via Zoom will be Thursday, Feb. 18, at 7 p.m. People may email friendsofgfdc@gmail.com for link to join. More information, they may call 413-863-3221 or visit greatfallsdiscoverycenter.org. The presentation is free and all are welcome. This program is supported by a grant from the Montague Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

haluchsmemorials.com

Cemetery Memorials + Markers
Granite Benches
Religious Statuary + Outdoor Display

RAY HALUCH INC.
1014 Center St | Ludlow, MA | 583-6508

The Library Loft
Schoolhouse Commons Historical Center • 1085 Park Street, Palmer

We are celebrating our 20th year at the Schoolhouse Commons.
Thanks to our wonderful “friends,” volunteers and patrons.

Hours:
Tues. 10am - 4pm • Wed. 10am - 4pm
Thurs. 10am - 4pm • Fri. 10am-4pm
HOPE TO SEE YOU THERE

Book donations will be accepted at the Palmer Public Library or the Library Loft during open hours.
Please, no magazines or Reader's Digest Condensed Books.
We accept books only in good, clean condition.

For more information call 283-3330 ext. 100

Proceeds To Benefit the Palmer Public Library

Public notices

Town of Monson Zoning Board of Appeals LEGAL NOTICE

In accordance with Chapter 40A, M.G.L. s11, the Monson Zoning Board of Appeals will hold a Public Hearing **Thursday, February 25, 2021 at 7:05 P.M. REMOTELY**, on the application of Ronald Florek for a Special Permit. The owner/applicant wishes to receive a Special Permit for Earth Removal in accordance with Section 6.6 of the Town of Monson Zoning Bylaw. The location is 149 Stafford Rd Monson, MA, Map 101, Parcel 2, in the Residential Rural district, owned by Ronald Florek. A copy of the application is on file with the Zoning Board of Appeals and can be viewed during office hours by appointment.

Join the meeting by logging in or calling in and entering the Meeting ID and Password below:

Login: <https://zoom.us/j/98804028349?pwd=M2JV-SURQWVRNNm1xUlplBT-FZEZmZnZz09>

Dial: 1 646 558 8656

Meeting ID: 988 0402

8349

Password: 950520

02/11, 02/18/2021

The Town of Monson Zoning Board of Appeals LEGAL NOTICE

In accordance with Chapter 40A, M.G.L. s11, the Monson Zoning Board of Appeals will hold a Public Hearing **Thursday, February 25, 2021 at 7:20 P.M. REMOTELY**, on the application of Douglas and Keri Delisle for a Special Permit. The applicant is seeking a Special Permit for agricultural development in accordance with Section 6.6 of the Town of Monson Zoning Bylaw. The location is 205 Lower Hampden Rd Map 77, Parcel 1, in the Residential Rural district, owned by Douglas and Keri Delisle. A copy of the application is on file with the Zoning Board of Appeals and can be viewed during office hours by appointment.

Join the meeting by logging in or calling in and entering the Meeting ID and Password below:

Login: <https://zoom.us/j/98804028349?pwd=M-2JVSURQWVRNNm1xUlplBT-FZEZmZnZz09>

Dial: 1 646 558 8656

Meeting ID: 988 0402

8349

Password: 950520

02/11, 02/18/2021

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT HAMPDEN, Div. Probate and Family Court Dept. HD20E0021PP

To Brack T. Anderson of Worcester, in the County of Worcester, and to all other persons interested.

A petition has been presented to said Court by Kathryn King of Ludlow, Mary T Grasso of Agawam, John Lech of Palmer, all in the County of Hampden, Matthew Lech of Concord, in the County of Middlesex, Heather Lech of Spencer, in the County of Worcester, and Mark Lech of Old Town, Maine and Patricia Lech-Ross of Sonthofen, Germany, representing that they hold as tenants in common an undivided part or share of land lying in Thorndike, in the County of Hampden, setting forth that they desire that all of said land may be sold at private sale or public auction for not less than One Hundred Fifteen Thousand (\$115,000.00) Dollars, and praying that partition may be made of all the land aforesaid according to law, and to that end that a commissioner be appointed to make such partition and be ordered to make sale and conveyance of all, or any part of said land which the Court finds cannot be advantageously divided either at private sale or public auction, and be ordered to distribute the net proceeds thereof after full adjudication of the equitable claims contained in said petition and supplemental memorandum filed with the Court.

If you desire to object thereto you or your attorney should file a written appearance in said Court at **Springfield** before ten o'clock in the forenoon on the **twenty-third day of March, 2021**, the return day of this citation.

Witness, BARBARA M. HYLAND, Esquire, First Justice of said Court, this twelfth day of January, 2021

Rosemary Saccomani
Register of Probate & Family Court

02/04, 02/11, 02/18/2021

TOWN OF PALMER INVITATION FOR BIDS FY2021 CHEMICALS AND SUPPLIES PALMER WASTEWATER TREATMENT PLANT BID#2021-01

The Town Manager will accept sealed bids for CHEMICALS and SUPPLIES for the Palmer Wastewater Treatment Plant for the period of July 1, 2021- June 30, 2022. Specifications can be obtained from the Town Manager's Office, Town Administration Building, 4417 Main St. Palmer (Thorndike) MA 01069, by calling 413-283-2603 or digitally by emailing rmcnutt@townofpalmer.com

Bids will be accepted until **February 25, 2021 at 2:00PM**, at the Town Manager's Office at which time they will be publicly opened and read aloud. A 5% bid bond must be included with the Invitation to Bid.

All bids must be marked **"FY2022 Chemicals and Supplies- Palmer Wastewater Treatment Plant"**. This is a one year contract with the option for renewal for two (1) year periods at the sole discretion of the Town of Palmer.

The Town Manager reserves the right to reject any and all bids in the best interest of the Town of Palmer.

Ryan McNutt
Town Manager
02/04, 02/11, 02/18/2021

PALMER PLANNING BOARD PUBLIC HEARING NOTICE

In accordance with the provisions of Chapter 49, Section 15-C, M.G.L. the Palmer Planning Board will hold a public hearing on **Monday, March 1, 2021 at 7:15 pm virtually via Zoom**.

The meeting ID: 763 533

7119

Passcode: 440121

The applicant, Poyant Signs, is seeking a Special Permit as required by section 171.94B(13) to remove existing signage and replace with signage of CVS's new branding, which will be larger in area than permitted in this section at the property located at 1001 Thorndike St, Palmer, MA. This parcel is also known as Assessor's Map 58 Lot 60.

A copy of the applica-

tion may be inspected on the Planning Department website at www.townofpalmer.com/planning or at the Planning Department office at Town Hall by appointment only.

Anyone interested in more information or wishing to be heard on the application can contact the Planning Department at 413-283-2605 or appear at the time and place designated above.

This notice shall also be posted on the Massachusetts Newspaper Publishers Association's (MNPA) website (<http://masspublicnotices.org>).

Michael Marciniac,
Chairman
02/11, 02/18/2021

PALMER PLANNING BOARD PUBLIC HEARING NOTICE

In accordance with the provisions of Chapter 40A, Section 11, M.G.L. the Palmer Planning Board will hold a public hearing on Monday, March 1st 2021, at 7:00 PM in the Town Administration Building, 4417 Main Street, Palmer, MA.

The applicant, JT Brown Nominee Trust, 530 Valley Road, Barre, MA 01005 is seeking a Special Permit as required by section 171.73 of the Palmer Zoning Ordinance to remove earth materials from the property located off Ware Road, Route 32, Depot Village, also known as Assessor's Map 37 Lot(s) 15 & 16.

A copy of the application may be inspected at the Planning Department office in the Town Administration Building by appointment only.

Anyone interested in more information or wishing to be heard on the application can contact the Planning Department at 283-2605 or appear at the time and place designated above.

This notice shall also be posted on the Massachusetts Newspaper Publishers Association's (MNPA) website (<http://masspublicnotices.org>).

Michael Marciniac,
Chairman
02/11, 02/18/2021

LEGAL NOTICE MORTGAGEE'S SALE OF REAL ESTATE

By virtue of and in execution of the Power of Sale con-

tained in a certain mortgage given by David J. Pelletier and Judith L. Pelletier to Option One Mortgage Corporation, dated April 20, 2001 and recorded in Hampden County Registry of Deeds in Book 11598, Page 79 (the "Mortgage") of which mortgage Wells Fargo Bank, N.A. as Trustee for Option One Mortgage Loan Trust 2001-B, Asset-Backed Certificates, Series 2001-B is the present holder by Assignment from Option One Mortgage Corporation to Wells Fargo Bank, N.A. as Trustee for Option One Mortgage Loan Trust 2001-B, Asset-Backed Certificates, Series 2001-B dated September 8, 2005 and recorded at said Registry of Deeds in Book 16152, Page 353, for breach of conditions of said mortgage and for the purpose of foreclosing the same, the mortgaged premises located at 31 East Hill Road, Monson, MA 01057 will be sold at a Public Auction at **11:00 AM on February 18, 2021**, at the mortgaged premises, more particularly described below, all and singular the premises described in said mortgage, to wit:

The land together with the buildings thereon situated in Monson, said Hampden County, Massachusetts, being known and designated at Lot #2 (two) as shown on a plan entitled "Property Survey for Abel Gomes," dated January 12, 1974, and recorded in Hampden County Registry of Deeds in Book of Plans 149, Pages 116 and 117, said lot being more particularly bounded and described as follows:

SOUTHEASTERLY by the northwesterly side of East Hill Road as shown on said plan, (two hundred (200) feet;

SOUTHWESTERLY by the northeasterly side of an unnamed side of an unnamed street, as shown on said plan, three hundred (300) feet;

NORTHWESTERLY by the southwesterly side of Lot #13 (thirteen) as shown on said plan, two hundred ten and 21/100 (210.21) feet; and

NORTHEASTERLY by the southwesterly side of Lot #1 (one) as shown on said plan, three hundred forty-six and 33/100 (346.33) feet.

Containing 67,316 square feet, more or less.

BEING the same prem-

ise conveyed to mortgagors herein by deed of David J. Salzarulo and Julie A. Salzarulo and recorded in the Hampden County Registry of Deeds immediately prior herewith.

For mortgagor's title see deed recorded with the Hampden County Registry of Deeds in Book 11598, Page 77. See also deed recorded in Said Deeds in Book 15896, Page 231.

The premises will be sold subject to any and all unpaid taxes and other municipal assessments and liens, and subject to prior liens or other enforceable encumbrances of record entitled to precedence over this mortgage, and subject to and with the benefit of all easements, restrictions, reservations and conditions of record and subject to all tenancies and/or rights of parties in possession.

Terms of the Sale: Cashier's or certified check in the sum of \$5,000.00 as a deposit must be shown at the time and place of the sale in order to qualify as a bidder (the mortgage holder and its designee(s) are exempt from this requirement); high bidder to sign written Memorandum of Sale upon acceptance of bid; balance of purchase price payable by certified check in thirty (30) days from the date of the sale at the offices of mortgagee's attorney, Korde & Associates, P.C., 900 Chelmsford Street, Suite 3102, Lowell, MA 01851 or such other time as may be designated by mortgagee. The description for the premises contained in said mortgage shall control in the event of a typographical error in this publication.

Other terms to be announced at the sale.

Wells Fargo Bank, N.A. as Trustee for Option One Mortgage Loan Trust 2001-B, Asset-Backed Certificates, Series 2001-B

Korde & Associates, P.C.,
900 Chelmsford Street
Suite 3102
Lowell, MA 01851
(978) 256-1500
Pelletier, David J., 16-027052
01/28, 02/04, 02/11/2021

PALMER PLANNING BOARD PUBLIC HEARING NOTICE

In accordance with the provisions of Chapter 49, Section 15-C, M.G.L. the Palmer Planning Board will

hold a public hearing on **Monday, March 1, 2021 at 7:45 pm** virtually via **Zoom**.

The meeting ID: 763 533 7119

Passcode: 440121

The applicants, Gerald and Theresa Renaud, are seeking a Special Permit as required by general code section 141-1 to work within the right-of-way of a designated scenic road, namely Rondeau Street, and approval of a curb cut permit to enter the property located at 159 Rondeau Street, Thorndike, MA. This parcel is also known as Assessor's Map 37 Lot 24.

A copy of the application may be inspected on the Planning Department website at www.townofpalmer.com/planning or at the Planning Department office at Town Hall by appointment only.

Anyone interested in more information or wishing to be heard on the application can contact the Planning Department at 413-283-2605 or appear at the time and place designated above.

This notice shall also be posted on the Massachusetts Newspaper Publishers Association's (MNPA) website (<http://masspublicnotices.org>).

Michael Marciniac,
Chairman
02/11, 02/18/2021

TOWN OF PALMER REQUEST FOR PROPOSAL SLUDGE REMOVAL WASTEWATER TREATMENT PLANT Bid #2021-02

The Town Manager will accept sealed proposals for Sludge removal at the Palmer Wastewater Treatment Plant. Specifications may be obtained at the by calling 413-283-2603 or email rmcnutt@townofpalmer.com

Proposals will be accepted until **February 25, 2021 at 2:00 PM**. All proposals must be marked **"Sludge Removal- Palmer Wastewater Treatment Plant"** and must include separate "price" and "non-price" proposals. A 5% bid bond must accompany the proposals.

The Town Manager reserves the right to reject any and all bids in the best interest of the Town of Palmer.

Ryan McNutt
Town Manager
Town of Palmer
02/04, 02/11, 02/18/2021

LEGAL NOTICE MORTGAGEE'S SALE OF REAL ESTATE

By virtue of and in execution of the Power of Sale contained in a certain mortgage given by Amy B. Forkey and Jason A. Forkey to Mortgage Electronic Registration Systems, Inc., as mortgagee, acting solely as a nominee for TD Banknorth, N.A., dated December 30, 2005 and recorded in Hampden County Registry of Deeds in Book 15610, Page 335 (the "Mortgage"), as affected by a Loan Modification dated February 17, 2013, and recorded at said Registry of Deeds in Book 19855, Page 379, and further affected by a Loan Modification dated September 4, 2014, and recorded at said Registry of Deeds in Book 20529, Page 585 of which mortgage Nationstar Mortgage LLC d/b/a Mr. Cooper is the present holder by Assignment from Mortgage Electronic Registration Systems, Inc. to Chase Home Finance, LLC dated October 8, 2010 and recorded at said Registry of Deeds in Book 18501, Page 387, and Assignment from Chase Home Finance, LLC

to Nationstar Mortgage LLC d/b/a Mr. Cooper dated December 17, 2019 and recorded at said Registry of Deeds in Book 23018, Page 312, for breach of conditions of said mortgage and for the purpose of foreclosing the same, the mortgaged premises located at 7 Circle Drive, Monson, MA 01057 will be sold at a Public Auction at **12:00 PM on March 11, 2021**, at the mortgaged premises, more particularly described below, all and singular the premises described in said mortgage, to wit:

A certain parcel of land on the northeasterly side of Circle Drive, Monson, known and designated as Lot 30A on a plan entitled "Plan of Lots in Monson, Massachusetts, for Sherwood L. Young, Scale 1" = 80', December, 1975, Frank A. Meunier, Jr., Somers, Conn." which plan is recorded in Hampden County Registry of Deeds, Book of Plans 162, Page 121, more particularly bounded as follows:

Southwesterly by Circle Drive, one hundred eighty-six and 02/100 (186.02) feet;

Northwesterly by Lot 30, now or formerly of one Trombley, two hundred forty-one and 67/100 (241.67) feet;

Easterly by land now or formerly of Russell Reed et ux and Allen Midyette et ux, two hundred forty and 00/100 (240.00) feet;

Southerly by Lot 30B, forty-eight and 96/100 (48.96) feet, all as shown on said plan

Subject to rights, easements, and rights of way of record, if any.

Subject to setback line and drainage easement as shown on plan recorded in Book 162, Page 121.

Subject to easement in streets to Town of Monson dated April 8, 1974 and recorded as aforesaid in Book 3999, Pages 170 and 171.

Subject to an easement to the New England Telephone & Telegraph and to Massachusetts Electric Company dated June 17, 1975 and recorded as aforesaid in Book 4171, Page 161.

Subject to rights in street by Town of Monson dated May 20, 1976 and recorded as aforesaid in Book 4269, Page 86.

May be subject to rights of way and spring rights referred to in deed dated May 28, 1945 if in force and applicable. Said deed references a right of way to Central Massachusetts Electric Company.

Being the same premises conveyed to the Mortgagors herein by deed of Darlene A. Cote dated December 30, 2005 and recorded as aforesaid herewith simultaneously.

For mortgagor's title see deed recorded with the Hampden County Registry of Deeds in Book 15610, Page 333.

The premises will be sold subject to any and all unpaid taxes and other municipal assessments and liens, and subject to prior liens or other enforceable encumbrances of record entitled to precedence over this mortgage, and subject to and with the benefit of all easements, restrictions, reservations and conditions of record and subject to all tenancies and/or rights of parties in possession.

Terms of the Sale: Cashier's or certified check in the sum of \$5,000.00 as a deposit must be shown at the time and place of the sale in order to qualify as a bidder (the mortgage holder and its designee(s) are exempt from this requirement); high bidder to sign written Memorandum of Sale upon acceptance of bid; balance of purchase price payable by certified check in thirty (30) days from the date of the sale at the offices of mortgagee's attorney, Korde & Associates, P.C., 900 Chelmsford Street, Suite 3102, Lowell, MA 01851 or such other time as may be designated by mortgagee. The description for the premises contained in said mortgage shall control in the event of a typographical error in this publication.

Other terms to be announced at the sale.

Nationstar Mortgage LLC d/b/a Mr. Cooper

Korde & Associates, P.C.,
900 Chelmsford Street
Suite 3102
Lowell, MA 01851
(978) 256-1500
Forkey, Amy B., 19-036148
02/11, 02/18, 02/25/2021

Financial Gifts for Your Valentine

For many of us, the COVID-19 pandemic may be putting a hold on dinner at the charming local bistro, but the spirit of Valentine's Day cannot be extinguished. This year, perhaps more so than in the past, you may want to make your Valentine's Day gifts even more meaningful. So, for example, what can you give your loved ones to help them along on the road to financial security?

Here are a few possibilities:

- **Contribute (indirectly) to an IRA.** Virtually anyone with earned income can contribute to an IRA, which offers tax benefits and an almost unlimited array of investment options. Yet, most people never contribute the maximum amount allowable each year, which, in 2021, is \$6,000, or \$7,000 for those 50 and older. You can't contribute to another person's IRA, but you can give that person the money for that purpose. However, an individual can't contribute more to an IRA than he or she earned during that year. So, if you were to give someone \$1,000 to be placed in an IRA, that individual must have at least \$1,000 in earnings. Be aware, though, that the recipient can use the money for any purpose.

- **Give shares of stock.** You probably are already familiar with the products your loved ones use – so why not give them shares of stock in the companies that make those goods or services? Most people enjoy being "owners" of businesses whose products they use. Furthermore, owning stocks for the long term can be a valuable component of anyone's financial strategy. If you are unsure of how to give stocks, you may want to consult with a financial professional.

- **Stay protected.** If your valentine also happens to be your spouse, you can give a gift of tremendous value by simply working to protect what you have. For example, if something happened to you, would your spouse be able to maintain the household, educate children, pay the mortgage and so on? A financial professional can help you find the protection you need, as well as suggest ways to defend yourself against the devastating costs of long-term care. A private room in a nursing home can cost \$100,000 or more each year, according to the insurance company Genworth, and Medicare typically pays few of these expenses, so you'll want to be prepared.

- **Create (or revise) your estate plans.** It doesn't sound very romantic but making sure your estate plans are in order is one of the best gifts you can give to all your loved ones. If you haven't created your plan yet, contact an attorney who specializes in estate planning. You may also want to involve your tax and financial advisors. And if it's been a while since you looked at your existing plan, take the time to review it – this is especially important if you've had changes in your family situation.

On Valentine's Day, the chocolate hearts and flowers are certainly always appreciated. But financial gifts can help you make a truly lasting impact on your loved ones' lives.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.



Hunter E. Boody
Financial Advisor
1448 Main St.
Palmer, MA 01069
413-289-1875

www.edwardjones.com Member SPIC
Edward Jones
MAKING SENSE OF INVESTING



MOULTON
Insurance Agency Inc
Our Family Cares About Your Family.
HOME – AUTO – BUSINESS – LIFE
*What credits and discounts do you qualify for?
We invite you to stop in or call for a quote.*

**Very Competitive Rates • Experienced Professional Staff
99% Customer Satisfaction Rate • On-site Registry Processing**
Moulton Insurance is proud of its family tradition of serving both individuals and businesses since 1952. Protecting clients throughout Massachusetts, Moulton Insurance individually tailors policies to maximize your credits and give your family and business our most competitive rates.

143 West Street
Ware, MA 01082
413-967-3327

45 North Main Street
Belchertown, MA 01007
413-323-7229

www.moultoninsurance.com • 1-800-521-5787

ARBELLA
INSURANCE

SUPPORT
Local
BUSINESSES

Through this uncertain but certainly challenging time, local businesses are maintaining a safe, shopping environment for customers & employees. Show them your support. Shop Local!

CHANTEL BLEAU
ACCOUNTING SERVICES

For Full Accounting,
Bookkeeping & Tax Service
Call For An Appointment

228 WEST STREET
WARE, MA 01082
413-967-8364

IRS
CERTIFIED PREPARED

Leaving Your Employer?
Understand Your 401(k) Options.

At Edward Jones, we can explain options for your 401(k), including leaving the money in your former employer's plan, moving it to your new employer's plan, rolling it over to an Individual Retirement Account (IRA) or cashing out the account subject to tax consequences.

To learn more, call today.

Hunter E. Boody
Financial Advisor
1448 Main St.
Palmer, MA 01069
413-289-1875

www.edwardjones.com Member SPIC
Edward Jones
MAKING SENSE OF INVESTING

Please check the accuracy of your legal notice prior to submission (i.e., date, time, spelling). Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands. Thank you.

Classifieds

12 WEEKLY NEWSPAPERS | SERVING 50 LOCAL COMMUNITIES

A TURLEY PUBLICATION | www.turley.com

COMMUNITY MARKETPLACE

Call us at 413.283.8393

FOR SALE

ANTIQUE AND PERIOD CHAIRS
- Restored with new woven seats -
Many styles and weaves available. Call
(413)289-6670

DISH TV - \$59.99 For 190 Channels
+ \$14.95 High Speed Internet. Free
installation, Smart HD DVR Included,
Free Voice Remote. Some restrictions
apply. Call **1-877-925-7371**

FIREWOOD

A1 WE STILL HAVE SEASONED FIREWOOD Prompt Delivery and
Competitive Pricing. Call now S & K
(413)348-4326

AA !!!SEASONED FIREWOOD!!!
Over a cord guaranteed. Cut, Split,
Prompt delivery. Call D & D Cordwood
(413)348-4326

FIREWOOD
Fresh cut & split \$160.00
Seasoned cut & split \$200.00
All hardwood.
Tree length available
*Also have seasoned softwood for
outdoor boilers (Cheap). Quality & vol-
umes **guaranteed!!** New England
Forest Products **(413)477-0083**

SEASONED OAK & Hardwood.
Cut, split and delivered. **413-575-4243**.

MISCELLANEOUS

A PLACE FOR MOM. The nation's
largest senior living referral service.
Contact our trusted, local experts to-
day! Our service is FREE/no obliga-
tion. CALL **1-855-799-4127**

DEALING WITH WATER DAMAGE
requires immediate action. Local
professionals that respond immedi-
ately. Nationwide and 24/7. No Mold Calls.
1-800-506-3367

DO YOU HAVE chronic knee or
back pain? If you have insurance, you
may qualify for the perfect brace at
little to no cost. Get yours today! Call
1-800-217-0504

INVENTORS- FREE INFORMATION PACKAGE Have your
product idea developed affordably by
the Research & Development pros
and presented to manufacturers. Call
855-380-5976 for a free idea start-
er guide. Submit your idea for a free
consultation.

LIFE ALERT. 24/7. One press of a
button sends help FAST! Medical,
Fire, Burglar. Even if you can't reach
a phone! FREE brochure. CALL **800-457-1917**

MOBILEHELP, AMERICA'S PREMIER MOBILE MEDICAL ALERT SYSTEM. Whether you're Home or
Away. For Safety and Peace of Mind.
No Long Term Contracts! Free Bro-
chure! Call Today! **1-844-892-1017**

OXYGEN-ANYTIME. ANYWHERE. No tanks to refill. No deliv-
eries. Only 2.8 pounds! FAA approved!
FREE info kit: Call **1-855-917-4693**

FOR SALE

PROMOTE YOUR PRODUCT, ser-
vice or business to 1.7 million house-
holds throughout New England. Reach
4 million potential readers quickly and
inexpensively with great results. Use
the Buy New England Classified Ad
Network by calling **(413)283-8393**,
classifieds@turley.com. Do they work?
You are reading one of our ads now!
Visit our website to see where your
ads run communitypapersne.com

STAY IN YOUR HOME longer with
an American Standard Walk-In Bath-
tub. Receive up to \$1,500 off, including
a free toilet, and a lifetime warranty
on the tub and installation! Call us at
1-866-945-3783.

STOP STRUGGLING ON THE STAIRS. Give your life a lift with an
ACORN STAIRLIFT! Call now for
\$250. OFF your stairlift purchase and
FREE DVD & brochure! **1-844-325-8610**

WANTED

WANTED TO BUY

CASH PAID FOR Smith & Wesson
wooden gun grips. One set or a box
full. Call **(413)246-4966**.

SERVICES



1***A CALL WE HAUL WE TAKE IT ALL WE LOAD IT ALL**
Lowest Rates,
accumulations, junk, estates,
attics, garages, appliances,
basements, demo services.
10% disc. with this ad of services.
Dumpster Rentals available for rent.
All Major CC's
CALL NOW **(413)531-1936**
acallwehaul@gmail.com



2***A & B HOUSEHOLD REMOVAL SERVICE*******
Cellars, attics, garages cleaned, yard
debris. Barns, sheds, demolished.
Swimming pools removed. Cheap-
er than dumpster fees and we do all
the work. Lowest rates. Fully insured.
(413)283-6512, cell (413)222-8868.

A HOME IMPROVEMENT SPECIALIST Decks, additions, garages,
sheds, porches, repair work. BBB
Approved Tim **413-563-2229** Lic
#053483

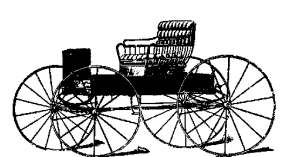
ABSOLUTE CHIMNEY HIC
#161245 & CSSL #101365 Insured.
Sweeping chimneys year round. Thank
you. **(413)967-8002**

SERVICES

BILODEAU AND SON ROOFING.
Established 1976. New re-roofs and
repairs. Gutter cleanings and repairs.
Licensed/ insured. Call **(413)967-6679**

CHAIR SEAT WEAVING & refinish-
ing - cane, fiber rush & splint - Class-
room instructor, 20+ years experience.
Call Walt at **(413)289-6670** for es-
timate.

PAINT AND PAPER Over 25 years
experience. References. Lic #086220.
Please call Kevin **978-355-6864**.



WE RENOVATE, SELL & PURCHASE (any condition) horse drawn
vehicles such as sleighs, carriages,
surreys, wagons, dr's buggies, drive-
able or lawn ornaments. Some furni-
ture and other restoration services
available. Reasonable prices. Quality
workmanship. Call **(413)213-0373**
for estimate and information.
DEMERS & SONS
BELCHERTOWN, MA

WESTERN MASS INDIVIDUALIZED HOME CARE To provide wide
range of medical services. Including
Hospice Care. Will come to your home
for necessary medical tasks. (413)
289-6729

CHILD SERVICES

***NEW STATE LAW.** Anyone adver-
tising caring of children must list a li-
cense number to do so if they offer this
service in their own home.

ELECTRICIAN

CHAMPAGNE ELECTRICAL CONTRACTORS Service changes/
upgrades, generators, phone/data wir-
ing, smoke detectors. Insured. Credit
cards accepted. License #22882A
(413) 210-9140

DEPENDABLE ELECTRICIAN, FRIENDLY service, installs deicing
cables. Free estimates. Fully insured.
Scott Winters electrician Lic. #13514-B
Call **(413)244-7096**.

HOME IMPROVEMENT

CERAMIC TILE INSTALLATION
Kitchen, bath, foyers. Referenc-
es. Lic #086220. Please call Kevin
(978)355-6864.

HOME IMPROVEMENTS. RE-MODELING Kitchens, baths. Ceram-
ic tile, windows, painting, wallpapering,
siding, decks. Insurance work. Fully
insured. Free estimates. **(413)246-2783** Ron.

SERVICES

WATER DAMAGE CALL JAY (413)436-5782 FOR REPAIRS COMPLETE DRYWALL SERVICE, FINISHING, PAINTING, CEILING (SMOOTH OR TEXTURED). 40+ YEARS EXPERIENCE. FULLY INSURED.

INSTRUCTION

DON'T BE A STARVING ARTIST - learn how to teach painting with
this special method to people of all
ages and abilities and have your own
business with a stable income. Fill the
need for more art in healthcare facili-
ties. Check it out at: www.artis4every1.
com or call **(508)82-3848**

LANDSCAPING

A• ROZELL'S LANDSCAPING & BOBCAT SERVICE
Excavator Services
Overgrown property?
Extreme Brush Cutting!
Shrub, Stump, Tree Removal
Lawn/Arborvitae Installed
Loam, Stone, Mulch, Sand
Storm Clean-up
Maintenance
Small Demolition/ Junk Removal/
Clean-outs
Insured
Josh 413-636-5957

PLUMBING

LINC'S PLUMBING LIC. #J27222
"New Season"
"New Projects"
Call LINC'S
For Your Connection
(413)668-5299

RUBBISH REMOVAL

TRASH, JUNK, CLUTTER We clean
out all. Prompt courteous service. Fu-
ly insured. Free estimates. Dumpster
service available. DiRico Properties
(413) 530-1299

TREE WORK

DL & G TREE SERVICE Every-
thing from tree pruning, tree removal,
stump grinding, storm damage and
brush chipping. Honest and Depend-
able. Fully insured. Now offering a Se-
nior Citizen and Veteran discount. Call
today for free estimate **(413)478-4212**

STUMP GRINDING

DL & G STUMP GRINDING Grind-
ing stumps of all sizes, insured & cer-
tified. Senior discounts. Call Dave **413-478-4212**

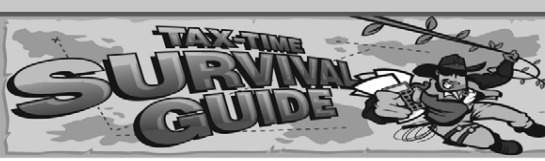
TAX SERVICES



CHANTEL BLEAU ACCOUNTING SERVICES
For Full Accounting & Tax Service
Registered Tax Return Preparer
228 West St., Ware, MA 01082
413-967-8364 Call For An Appointment
The IRS does not endorse any particular individual tax return preparer.
For more information on tax preparers go to irs.gov.

AJE FINANCIAL SERVICES
588 Center Street
Ludlow, MA 01056
www.ajefinancial.com
(413)589-1671
We are here and ready for the 2020 tax filing season!
Personal, Business, Corporate and Partnership tax filing.
Please give us a call at the office or
visit our website for our COVID practices.

Income Tax Preparation
~ 31 years tax experience ~
Bruce J. Charwick
(413) 283-5596 62 Jim Ash Road
Palmer, MA 01069



Call your local Turley Publications
sales representative for information and
rates on advertising your tax service here!
413-283-8393 • 1-800-824-6548

Call Your Local Turley Publications Sales Representative For Information And Rates On Advertising Your Tax Service Here
CALL 413-283-8393 TO PLACE YOUR AD TODAY!

Kitchen Table Taxes
Personal & Small Business Tax Returns
"David The Tax Man"
Tel: 413-289-0058
Fax: 413-324-2167
Credit Cards Welcome
kitchentabletaxes@gmail.com
David E. Whitney
Enrolled Agent
Sixty-Five Jim Ash Road
Palmer, MA 01069-9814
www.kitchentabletaxes.com

Melchiori Tax and Financial Services
IRS Problems? Let a Professional Handle it for you. Call us anytime!

Complete Tax Services:
Personal, Business, Corporations and Partnerships
Telephone **(413) 786-8727 • Fax (413) 786-1833**
betty@melchioritax.com • pauline@melchioritax.com
24 Southwick Street, Feeding Hills, MA 01030

AUTO

CARS/TRUCKS WANTED!!! All
Makes/ Models 2000-2019! Any Con-
dition, Running or Not. Top \$\$\$ Paid!
Free Towing! We're Nationwide! Call
Now: **1-888-513-1505**.

PETS

RETIRED RACING GREYHOUNDS AVAILABLE FOR ADOPTION
SPAYED/NEUTERED, WORMED, SHOTS, HEARTWORM TESTED, TEETH CLEANED

MAKE A FAST FRIEND!

GREYHOUND OPTIONS INC. CALL MARY AT 413-566-3129 OR CLAIRE AT 413-967-9088 OR GO TO WWW.GREYHOUNDOPTIONS.ORG

REAL ESTATE

FOR RENT



ALL REAL ESTATE advertised
herein is subject to the Federal Fair
Housing Act, which makes it illegal to
advertise "any preference, limitation,
or discrimination because of race, col-
or, religion, sex, handicap, familial sta-
tus, or national origin, or intention to
make any such preference, limitation,
or discrimination." We will not know-
ingly accept any advertising for real es-
tate which is in violation of the law. All
persons are hereby informed that all
dwellings advertised are available on
an equal opportunity basis.

HILLSIDE VILLAGE APARTMENTS

APPLICATIONS NOW BEING ACCEPTED FOR ONE, TWO AND THREE BEDROOM APARTMENTS

•Heat and hot water included
•Ample Closets
•Fully Appliance
•Community Room
•Laundry Facilities
•Cats Welcome
•Extra Storage
For Information call
(413)967-7755 EHO

17 Convent Hill,
Ware, MA
EQUAL HOUSING OPPORTUNITY

PALMER 1BR, all Appliances. Open
K/DR/LR, Storage/Laundry in Base-
ment. 2nd Floor. No Smoking/Pets. 1st/
Last/Security \$800.00/Month.
Breton Estates **(413)283-6940**

STORAGE

SECURE STORAGE Winter Spe-
cial. Rent a 5'x10' 2 months payment
up front, 3rd month free. Call Mary
(413)531-3722

VACATION RENTALS

WARM WEATHER IS Year Round
In Aruba. The water is safe, and the
dining is fantastic. Walk out to the
beach. 3-Bedroom weeks available.
Sleeps 8. Email: carolaction@aol.com
for more information.

FOR RENT

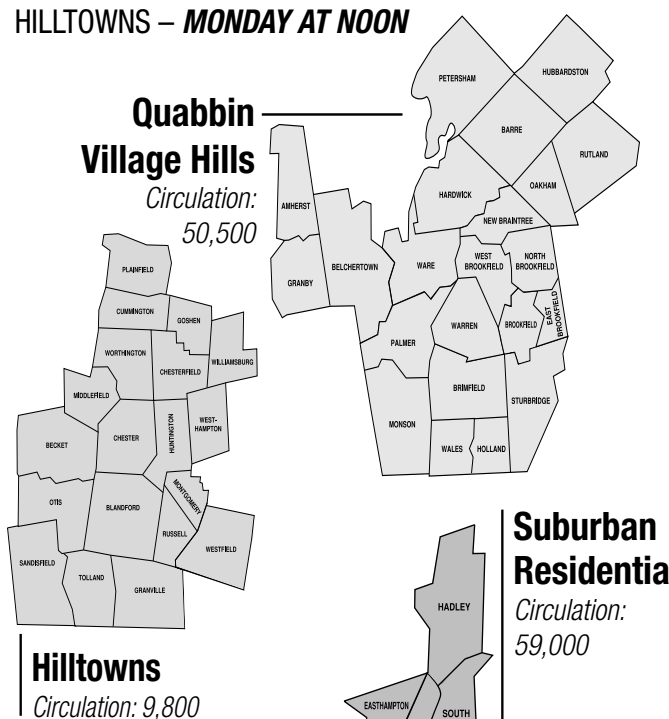
All real estate advertising in this
newspaper is subject to the Federal
Fair Housing Act of 1968, which makes
it illegal to advertise any preference,
limitation or discrimination based on
race, color, religion, sex, handicap,
familial status (number of children and
or pregnancy), national origin, ancestry,
age, marital status, or any intention to
make any such preference, limitation or
discrimination.
This newspaper will not knowingly accept
any advertising for real estate that is in
violation of the law. Our readers are hereby
informed that all dwellings advertised in
this newspaper are available on an equal
opportunity basis. To complain about
discrimination call The Department of
Housing and Urban Development "HUD"
toll-free at 1-800-669-9777. For the N.E.
area, call HUD at 617-565-5308. The toll
free number for the hearing impaired is
1-800-927-9275.

FILL OUT AND MAIL THIS MONEY MAKER

MAIL TO: Classifieds, 24 Water St., Palmer, MA 01069
or call: 413-283-8393

DEADLINES: QUABBIN & SUBURBAN – **FRIDAY AT NOON**
HILLTOWNS – **MONDAY AT NOON**

CATEGORY:			
1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	Base Price \$26.00
21	Base Price \$26.50	22	Base Price \$27.00
25	Base Price \$28.50	26	Base Price \$29.00
29	Base Price \$30.50	30	Base Price \$31.00
33	Base Price \$32.50	34	Base Price \$33.00
37	Base Price \$34.50	38	Base Price \$35.00
		23	Base Price \$27.50
		27	Base Price \$29.50
		31	Base Price \$31.50
		35	Base Price \$33.50
		39	Base Price \$35.50
		24	Base Price \$28.00
		28	Base Price \$30.00
		32	Base Price \$32.00
		36	Base Price \$34.00
		40	Base Price \$36.00



Buy the Quabbin Village Hills or
the Suburban Residential ZONE
for \$26.00 for 20 words plus
50¢ for each additional word.
Add \$10 for a second Zone
or add \$15 to run in
ALL THREE ZONES.

Name: _____ Phone: _____
Address: _____
Town: _____ State: _____ Zip: _____
Number of Weeks: _____ X per week rate = \$ _____
Credit Card: ☐ MasterCard ☐ VISA ☐ Discover ☐ Cash ☐ Check# _____
Card #: _____ Exp. Date _____ CVV _____
Amount of charge: _____ Date: _____

First ZONE base price _____ Includes additional words
Add a second ZONE **\$10.00**
Add a third ZONE **\$5.00**
Subtotal _____
x Number of Weeks _____
TOTAL Enclosed _____

Run my ad in the following ZONE(s):
☐ Quabbin
☐ Suburban
☐ Hilltowns

OUR CLASSIFIEDS REACH 50 COMMUNITIES EVERY WEEK!

REAL Results
REAL Value
REAL Connections
ADVERTISE TODAY!
Turley Publications, Inc.
WE ARE THE REAL DEAL!
12 Weekly Newspapers Serving the Local Communities
Agawam Advertiser News • Barre Gazette
Chicopee Register • Country Journal
Journal Register • Quaboag Current
The Register • Sentinel • The Sun
Town Reminder • Ware River News
Wilbraham Times
413.283.8393
www.newspapers.turley.com

Beginning the new year on a healthy note – health tips for 2021

Baystate Health doctors weigh in on what's good for you

SPRINGFIELD – Now that a stressful 2020 has come to an end, there are many ways to make 2021 healthy and safe for you and your family, even though the year is beginning as our country remains in turmoil and the COVID-19 pandemic is worse than ever.

Doctors at Baystate Health suggest setting realistic goals and prioritizing what is most important to you, taking small steps, and remembering not to beat yourself up if you encounter a setback in your health goals for 2021.

Some healthy goals to consider as you continue on your journey to good health are:

• **Make A Plan for Good Overall Health** – While weight loss, health screenings, and stress reduction are among some of the best ways to achieve and maintain better health, creating a plan that is manageable is the key to success. Look at the new year as a time to set small, attainable goals that you can maintain throughout the year, that will also lead to long term success and better health. Now is a great time to make an appointment for an annual exam and include your physician in your health goals for the year.

For those who don't have a primary care provider, the best time to choose a doctor is before you need one. Over time, your health care needs may change or you may face a new health challenge. The relationship you have with your health-care provider, who knows you and your medical history, can lead to a better overall outcome that will protect your health.

Also, as the global telemedicine trend continues, especially with the advent of COVID-19, it provides a fast and convenient way for you to connect with your doctor for urgent needs such as fever, cough, and skin rash, as well as management of chronic conditions such as diabetes and high blood pressure. Whether you want to lose weight, quit smoking, or reduce stress, your health-care provider can suggest additional resources such as support groups, reading material, or if appropriate, medications or aids that can help. Getting advice from your primary care provider and support from friends and family is a great way to keep your New Year's health resolutions going all year long.

Dr. Linda Schoonover, Baystate Primary Care at Baystate Wing Hospital

• **Don't Allow Sleep Problems To Affect Your Health** - The COVID-19 pandemic has led to

more sleep problems at a time when sleep is especially important for health and well-being. Good quality sleep is important for preventing infections and keeping your immune system working well.

Studies have shown that sleep deprived people don't mount the same immune response after vaccinations as good sleepers do, so it is important to make sure you get a good night's sleep prior to getting a flu or COVID vaccine. A recent study published in the Journal of Clinical Sleep Medicine by Baystate Health's Dr. Eva Mok showed increased rates of flu in patients with untreated sleep apnea. So, getting good quality sleep is just as important as getting enough sleep.

If you are having difficulty sleeping or signs of poor-quality sleep with loud snoring, difficulty staying asleep, urinating frequently at night or daytime sleepiness or tiredness, you may benefit from a sleep medicine evaluation.

Dr. Karin Johnson, medical director, Baystate Health Regional Sleep Program and Baystate Medical Center Sleep Laboratory

• **Get Vaccinated** – With all the attention on the COVID-19 vaccines, it is not too late to get your flu shot if you haven't received it yet. Flu vaccine was updated this year to match the anticipated circulating

strains.

If you belong to any of the groups prioritized to receive the COVID-19 vaccine, please get it. Both the flu and COVID-19 vaccinations are important means in preventing serious respiratory infections. Beyond the flu and COVID vaccines, it is important to keep up to date on adult immunizations. The protection you have from some childhood vaccines can wear off over time requiring you to get booster shots.

Dr. Armando Paez, chief, Infectious Disease Division, Baystate Health

• **Reducing Your Risks for Cancer** - Reducing identified dietary and lifestyle risk factors can help prevent many diseases, including cancer. Don't use tobacco, avoid drinking too much alcohol, increase moderate aerobic exercise to at least 30 minutes daily most days of the week (moderately vigorous walking will do), and if overweight, shed some pounds.

Dr. Wilson Mertens – vice president and medical director, Cancer Service, chief, Division of Hematology Oncology, Baystate Regional Cancer Program, Baystate Health

• **Keeping Kids Healthy** – Until everyone gets their COVID-19 vaccines, parents need to model and help their children follow the basic COVID-19 safety guidelines of mask wearing, handwashing, social distancing, and avoiding indoor gatherings with anyone who is not in your close family pod.

Parents need to keep their children healthy by keeping up with their regular visits with their pediatricians to monitor their growth, development, general overall health, to give them any needed vaccines to prevent serious infections, and to keep up with medications for common conditions such as asthma.

During stressful times, parents need to be very aware of their children's mental health, checking in with older children on a daily basis about how they are doing, and

watching for any signs of depression and anxiety related to the pandemic and social isolation.

Also, during the pandemic there are 3 basic tasks for parents. 1.) Tell your children that you love them and show them that love throughout the day in a multitude of ways. 2.) Tell your children that you will do the best you can to keep them safe during the pandemic, and demonstrate that by modeling mask wearing, handwashing, social distancing, and avoiding indoor gatherings with people who are not in your close family. 3.) Tell your children that whatever happens during the pandemic you will work together as a family to overcome any difficulties.

Modeling resiliency will teach your children the skills that they will need to overcome the difficult problems they may face as they grow older. Pediatricians are here to help patients and families through these difficult times, and parents can reach out to their pediatricians with any concerns about their children.

Dr. John O'Reilly, chief, General Pediatrics, Baystate Children's Hospital

• **Reducing Your Risk for Diabetes** – Over 34 million Americans have diabetes and 88 million American adults – approximately 1 in 3 – have prediabetes.

Prediabetes puts you at high risk of developing type 2 diabetes and also increases your risk of developing cardiovascular disease. By modifying your risk factors and adopting a healthy lifestyle - from eating more nutritious foods and limiting your portions to exercising to maintain an appropriate weight – you can help delay or prevent some of the serious complications of diabetes such as heart disease, stroke, blindness, kidney damage and limb amputations.

Aside from reducing your risks for diabetes, if you want to maintain good health in 2021 and beyond, consider if you are overweight eating 20% less which can lead to slow

sustained weight loss over time; fit in exercise, even 10 minutes at a time which can lead to significant physical and mental health benefits; addressing your mental health which can be the primary barrier to a healthier you. Also, quit smoking, this is the best decision you can make for your health.

Dr. Chelsea Gordner, director, Baystate Inpatient Diabetes Service, Departments of Adult and Pediatric Diabetes at Baystate Medical Center and Baystate Children's Hospital

• **Good Mental Health** – There are many ways to improve your mental health. Consider getting outdoors for walks in nature, ideally with others (socially distanced and masked). Find opportunities to be kind. Even though many of us are hurting in various ways nowadays, it's not unlikely that there are others who are hurting even more.

It's important to remember that we all have things to give: attention, compassion, listening, forgiveness, it doesn't have to be material. Giving feels

good year-round, much better than receiving. Also, be kind to yourself: treat your body well by eating healthy foods and not overwhelming it with unhealthy substances such as too much alcohol, sugar, and more; don't be mean and punitive towards yourself, if you notice mistakes you've made or things you don't like about yourself – acknowledge them and make a commitment to change, make a plan to change, and get started.

Dr. Barry Sarvet, chair, Department of Psychiatry, Baystate Health

• **Women's Health** – Annual preventive exams are vital in detecting conditions like breast cancer or cervical dysplasia at an early, manageable, and treatable stage. The well-woman visit is a perfect time to address bothersome symptoms, set health goals and learn updates on disease prevention. Checking in annually with an established provider supports a trusted relationship which facilitates seamless care if a medical problem arises.

Dr. Julie Thompson, FACOG, IFMCP, chief, Obstetrics, Baystate Franklin Medical Center and Pioneer Women's Health

• **Healthy Heart** – Maintaining a healthy heart begins when we are young by following a healthy diet and maintaining a proper weight, keeping active with regular exercise, quitting smoking, and keeping your cholesterol and blood pressure in check.

If you are having symptoms such as chest pain, shortness of breath, dizziness, palpitations or swollen legs please contact your physicians to be checked out as these may be signs of serious heart conditions. As for your general health in 2021, as we continue to fight the current pandemic, please follow the CDC guidelines in regards to social distancing, hand hygiene and wearing masks. It is not only about your health but the health of the loved ones around you.

During these unprecedented times, try to find moments of "Zen," be it listening to your favorite music, going for walks, playing with your pets, reading a nice book or drawing. Everybody has to find his or her way of reducing their anxiety and life stressors. Also, don't forget to take your medications regularly.

Dr. Mehdi Pajouh of Baystate Cardiology in Westfield

• **When Emergencies Happen** – My health tip for the new year is one that will come in handy for a lifetime. I often get the question: "When should I go to the Emergency Department compared to Urgent Care?" It's not really a simple answer, but a good rule of thumb when any new, acute, severe, uncontrolled symptoms need to be addressed in the Emergency Department (ED). For example, if you are having the worst headache of your life or experiencing any new acute severe shortness of breath, chest pain or abdominal pain, you should go the Emergency Department.

If you are having any bleeding from an injury that is not under control with simple first aid measures, that also belongs in the ED. If you are experiencing any new neurologic symptoms or new seizures/convulsions, that also needs to be attended to in the ED. Anytime there is a loss of consciousness from any cause, that should also be evaluated in the ED.

Urgent Care is an ideal locale for the care of minor injuries and ailments like coughs, colds, earaches, urinary tract infections, insect bites and stings. Urgent Care is also appropriate for acute flare-ups of chronic conditions such as migraine headaches, asthma, gout, and eczema. Most urgent care centers have on-site x-rays and can take care of acute fractures and other minor traumas. It is also important to know during the current pandemic that you should not be afraid to go to the ED with any new acute severe symptoms as all hospitals have protocols in place to protect patients and their families from potential exposure to COVID-19. Trying to "tough it out at home" can be a fatal mistake if it's an acute heart attack or stroke.

Dr. Brian P. Sutton, FACEP, medical director, Baystate Health Urgent Care



Our advertisers make this publication possible.

Let them know you saw their ad in the

Journal Register